

CULINARY CAPERS

COOKING WITH LO-MOISTURE FOODS

HOW TO USE WHAT YOU STORE AND STORE WHAT YOU USE



REVISED EDITION

CULINARY CAPERS

COOKING WITH LO-MOISTURE FOODS

OR

*How to Use What You Store
and Store What You Use*

NEW - REVISED EDITION

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PERMA-PAK, INC.
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Dear Friends:

We at **Perma-Pak** take pride in making available *Culinary Capers*—the result of years of experience and months of new development for us, and for you, we hope—the guidebook to new adventure with **Lo-Moisture** convenience foods and new peace-of-mind in providing insurance for your family.

In 1953 we began applying the new food technology to family needs for food storage, and we developed the nation's first comprehensive food storage plan using low-moisture foods. Since then we have progressed with the technology, perfecting a wide variety of low-moisture foods for convenient application on the trail, in the home, and in institutions.

There is a wonderful feeling of security that comes from knowing that no matter how devastating Nature's caprices or how uncertain transportation and supply, you are prepared with a nutritious food reserve for your family. It is our hope that *Culinary Capers* will help you have confidence in storing what you use - the **Lo-Moisture Food** way - and have fun using what you store in attractive, well-balanced menus for your family. We are confident that with the aid of *Culinary Capers* you will find that **Lo-Moisture** foods are not only easy to store, but that they are also easy to use. And they are so delicious and economical that you will want to use many of them again and again in your daily menus. Flavor and appearance are such that only you will know the difference!

We are grateful to our many friends who contributed recipes, and to our employees who brought together hints and suggestions and long hours to make this quality cookbook possible.

Sincerely,

A handwritten signature in dark ink, reading "Kent Esplin". The signature is written in a cursive, flowing style with a large, prominent "K" and "E".

Kent C. Esplin, President
PERMA-PAK

A WORD ON FOOD STORAGE

The most important counsel that has been given concerning food storage is to "store what you use and use what you store," just like our ancestors did with full pantries. Why? Because many people have approached food storage by putting away items that have little to do with everyday meals. In times of food shortage and accompanying stress, it will be very difficult for a family to adjust to an austere food storage program that has no relation to their normal diet. *Culinary Capers* has been specifically written to take advantage of the Superior benefits of storing **Lo-Moisture Foods**. It provides the information for preparing these foods on a normal-menu basis and can help you toward the goal of "storing what you use and using what you store."

The concept of food storage is new to many people. Yet, when one stops to consider how complex our society is becoming, how dependent we are on others to supply our needs, it becomes evident that food storage is a necessary and practical form of insurance that every family should have. Reason alone dictates the wisdom of having a ready food reserve on hand. While we have not intended to make this cookbook double as a food storage handbook, we have included some basic information and valuable hints to help one with his food reserve program.

Although the reader may be familiar with quality **Lo-Moisture** foods, a few minutes with the introductory sections should give him new ideas and help him gain the most from *Culinary Capers* in learning how to "store what he uses and use what he stores."

FOREWORD

After countless hours of testing and checking and developing, here is the cookbook that many friends have long urged be published, one that brings the most complete step-by-step information for preparing tasty dishes using **Lo-Moisture Foods**. For many the idea of using these foods in everyday recipes and meal planning is new, and while the housewife may have a supply of **Lo-Moisture foods** on hand, she has only the basic label directions to guide her. *Culinary Capers* has been designed to eliminate doubts and answer questions about using **Lo-Moisture Foods** in familiar recipes for normal menu variety. Now the housewife can make use of all her food storage items and at the same time display her "culinary talents" to family and friends by preparing meals that are attractive, satisfying, and well-balanced.

We start with an introduction to **Lo-Moisture Foods** and their storage advantages. Next we provide a section of suggestions and information to simplify use of the products and preparation of the recipes. This includes valuable information for substituting **Lo-Moisture Foods** for common pantry items in many recipes, and tables giving equivalent measures and rehydration ratios. This section expresses especially well the ultimate purpose of *Culinary Capers*—to serve as a sure guide for "using what you store and storing what you use."

We have attempted to show the easiest methods for preparing recipes, to define food terms with which you may not be familiar, and to make cooking with **Lo-Moisture Foods** a fun, simple, and satisfying experience. We have been especially concerned that each recipe be one that you can count on—kitchen tested to provide accurate and useable information.

Because this book has been planned so that the housewife can approach her supply of **Lo-Moisture Foods** with confidence, the many new ideas, hints, recipes and general information make it possible for her to incorporate her food reserve with daily menu planning. Here is a tool for gaining the self-confidence a good cook needs, so turn on the heat and cook up a taste treat! Good luck with *Culinary Capers*!

Dolores Sargent Floor
Nutritionist and Food Consultant
PERMA-PAK

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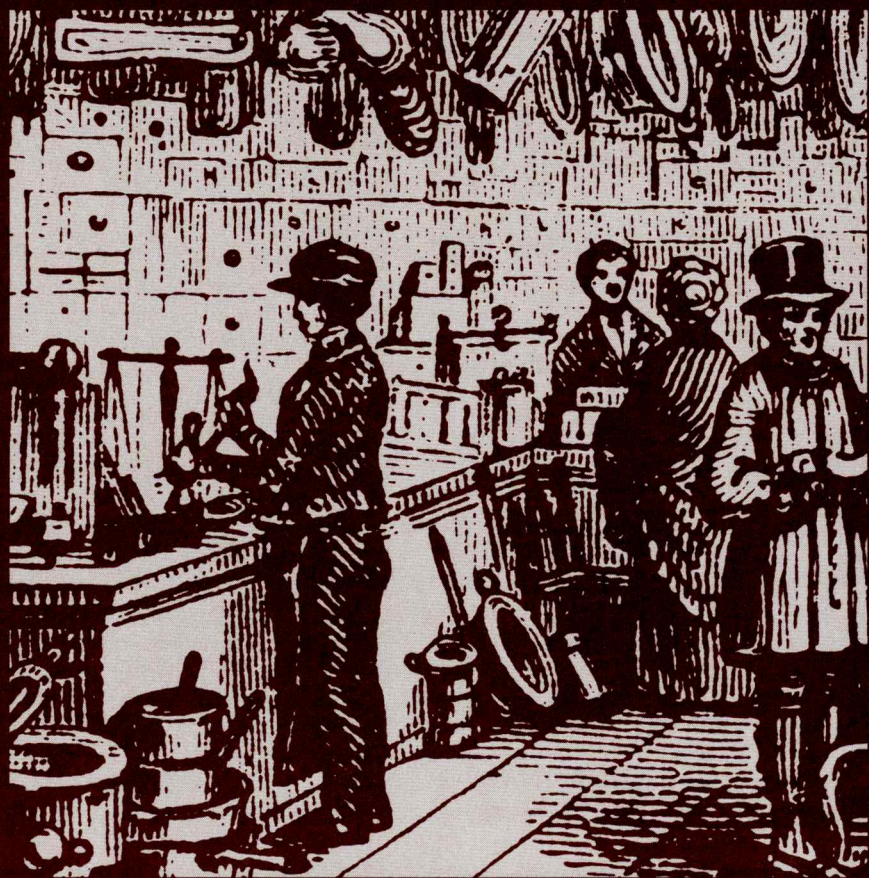
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FAMILY FOOD STORAGE



FAMILY FOOD STORAGE: An Introduction to Lo-Moisture Foods

Most people use various forms of insurance to protect themselves "just in case" an emergency should occur.

When we stop to consider how complex our society has become, how dependent we are on others to supply our needs, it becomes clear that there is an increasing need to utilize the **preparedness** principle of **insurance**—"just in case." One important area of preparedness is in providing a food reserve. Such a reserve serves as a practical form of **insurance** protecting against such occurrence as: food shortages, natural disasters, unemployment, strikes, civil unrest, breakdown of food production and distribution, or loss of income through personal illness or injury.

The concept of a food reserve is not new, of course. It wasn't too long ago that almost every family had a pantry filled with food that could sustain them from season to season. It is time to revive the common-sense self-sufficiency of the pantry tradition, but with more food of every variety in less space and in a form that will store longer. We can enjoy the peace of mind a full pantry and cellar must have meant to our grandparents because there is a way to store a highly nutritious, easily useable reserve.

Why Lo-Moisture Foods—What Are They?

Preserving foods by drying them is probably as old as man. From the field ration of the Roman soldier—a meal called **pulmentum**, which was roasted and then crushed, ready to be "rehydrated" as mush or cake—to the beef jerky of the Indians and the "hard-tack" of the U.S. Dragoon, people on the move or people with a surplus to preserve turned to drying as the answer. The technical reasons probably escaped them, but they all discovered that few things spoiled if they could be dried. For centuries men have benefited from "dried" grains and cereals, dried fruits, and spices and condiments in their dry form. So... what's new today? To begin with, better variety and quality, and amazing technical advances that make possible things our able ancestors could not have imagined.

Most bacteria and chemical changes that cause foods to deteriorate or spoil develop only in the presence of moisture and oxygen. Traditional "dried foods" still retained from 10% to 30% moisture, with all of the oxygen. Advanced processed foods of today, however, have gone the ancients two better! With **Perma-Pak** and other high quality **Lo-Moisture Foods** you get choice fresh foods with even more of the moisture delicately removed to retain full flavor and nutrition and built-in convenience and storage advantages. And then they are packed in a specially sealed can, the oxygen is removed, and an inert atmosphere is injected to retard oxidation, calorie-loss, and associated color and flavor changes.

In addition to long storage life, modern processing insures high nutrition and faithful flavor and appearance for most of the things you eat everyday. Cost

per serving is low, storage space is greatly reduced, waste is eliminated, and time-saving convenience and flexibility are built-in. Finally, only with **Lo-Moisture** foods can you enjoy the variety of normal menus, storing what you use and using what you store . . . they will work into your meals now or provide an easy transition when an emergency forces you to switch to your food reserve.

What Should I Store and How Much?

Most people accept the concept of food storage and readily admit they desire to establish a food reserve. Many, however, have failed to follow-through. When questioned it becomes clear that the most common reason for failing to establish an adequate food reserve is that most people don't know what food they should store or how much. They fear that if they store the wrong foods, considerable waste might result.

Ways to Store an Adequate Food Supply

Civil Defense officials urge a minimum two-week food supply, while many other civic and church leaders suggest a one to two year's reserve of food for the entire family. One approach is to store a combination of wet-pack and home canned foods. To prevent losses with this method, careful rotation and planning are mandatory. Generally, people using this approach find themselves with a fairly adequate food reserve at one time of the year, but through using the food and failing to conscientiously replace it, a greatly depleted reserve at other times. One result: frustration.

Another approach is to store an emergency-diet only—either foods not normally found in the everyday diet, or in quantities very different from normal eating. Because it requires families to adjust to a strange and monotonous diet in time of need and stress, this type of program leaves much to be desired. Still, it is better than having no food reserve at all. Wheat, dry milk, sugar or honey, and salt are five popular foods, although beans, rice, oats and other grains can also be stored. A year's supply for one person might consist of approximately:

300 lbs. of Wheat
75-100 lbs. of Dry Milk
60 lbs. of Honey or 100 lbs. of Sugar
5-7 lbs. of Salt

Recipe books are available emphasizing these foods, such as *Wheat for Man* or *Make A Treat With Wheat* for wheat and *Passport to Survival* stressing wheat, milk, honey and salt.

The most satisfactory way to establish a food reserve is to store those foods that permit normal menus with long storage life . . . **Lo-Moisture** foods are the best answer. Noted for storage-stability and space-saving compactness, they also permit variety even in emergency situations. To even out the ups and downs associated with purely wet-pack storage programs, some people use a combination of wet-pack and **Lo-Moisture Foods**. Others use only storage-ready **Lo-Moisture Foods**, either selected individually or purchased as a pre-packed food supply.

PERMA-PAK'S PANTRY-RESERVE LO-MOISTURE FOODS AND PRE-PACKED FOOD SUPPLIES

Perma-Pak takes pride in offering a large variety of foods especially prepared and canned for long-term storage, foods from which you can choose in planning complete menus. Following the basic guide below, you can select the items in each category that you and your family enjoy or supplement anything you now have by choosing only items most needed to make your supply a complete emergency menu.

Suggested 12 month supply for one person.

Group #1—Milk (2 servings daily)

Approximately 38 pounds of non-fat dry milk
(regular or instant)

Group #2—Protein (2 servings daily)

9 to 12 #10 cans of Textured Vegetable Protein (meat-like product). Part or all of this can be Multi-Purpose Food—a toasted soy grit fortified with vitamins and used to add protein to any dish.

1 to 3 #10 Whole Egg Solids (8 dozen eggs per can)

5 to 6 #10 Dry Beans and Split peas

Bouillon and Gravy for flavoring

Group #3—Fruit - Vegetable (4 daily servings)

6 to 8 #10 Fruit (your choice)

2 to 3 #10 Granulated Potatoes (12-18 lbs.)
or an equivalent weight in potato flakes (5-8 cans)

12 #10 Vegetables (your choice)

Group #4—Bread - Cereal (4 daily servings)

140 to 200 pounds wheat, (24 to 36 #10 cans or 4 to 6
5-gallon cans)

4 to 6 #10 cans of "other" grain foods: Rice, Corn
Meal, Oats, Macaroni or Spaghetti, etc.

Group #5—Miscellaneous

Store approximately 12 pounds of oils & 50 pounds of sugar
items. (Select according to preference.)

Puddings, gelatin desserts, sugar, jam, honey, syrup mixes or
other calorie items

Breakfast Drinks

Meat, fish, poultry (canned or freeze-dried)

Salt and seasoning

Margarine, shortening or vegetable oils

Vitamin C or Vitamin & Mineral tablets
Yeast, baking powder, etc. for cooking and baking
Grinder
Plastic lids
Water and water purification tablets

Perma-Fresh atmosphere in each can assures long-term storage as compared to other forms of food.

For maximum convenience, our **Pantri-Reserve Pre-Packed Food Supplies** make food storage especially simple. Each has maximum variety consistent with the price charged and is balanced nutritionally. Because they are pre-packed in same-size boxes, the units are compact and easy to store. With the use of our **Pantri-Reserve** supplies, an immediate food supply can be established for a family without the problems normally associated with food storage. Pre-Packed supplies can be adapted to your family—you may finish your storage in one stop, or purchase additional units and supplemental quantities of preferred items as needed.

For reference, a Twelve Month Food Supply contains enough food for one person for twelve months. It would also, of course, be enough for two persons for six months, three persons for four months, four persons for three months, etc. With only the variety somewhat less, the other units can be calculated the same way:

CD Pre-Seasoned Supply (Family of six for three days, one person for eighteen days)
Two Month Food Supply
Four Month Food Supply
Twelve Month Food Supply
Expanded Twelve Month Food Supply (providing maximum variety and high-calorie yield)

How Should You Store?

Perma-Pak and other high quality **Lo-Moisture Foods** are packaged under careful supervision to meet the highest technical packaging standards. The can, the atmosphere, the seal are all selected to provide maximum protection to the quality foods inside. This special care lengthens shelf-life.

You yourself can increase storage life by providing the best storage conditions. A basement or other cool area is best, especially if it is dry. Don't store directly on a cement floor. (Paint or varnish cans to prevent rust if area is damp or humid. Rust on the outside will not damage product if the can does not rust through.) Freezing will not harm products, and with most items neither will relatively high temperatures. If your storage conditions are not cool and dry, check your stocks more often to determine their current condition. If a product looks, smells and tastes normal, it should be useable and have most of its food value.

Put Away and Forget?

Even though **Lo-Moisture** foods properly prepared for storage are more worry-free than any other food items, we recommend periodic checking. By checking your food supplies, you can determine their condition, learn how to use them, and find out what you and your family like to eat. Plastic lids (included in pre-packed food supplies) are available to reclose partially full cans. While most **Lo-Moisture** products stay in good condition over four, six, eight, years or more of storage, rotation (use and replacement) of stored foods every few years is a wise practice. Periodic checks will build confidence in your reserves and provide comforting assurance that they will be in good condition when needed.

Because our storage foods are designed to provide normal-meal variety, you may decide, as so many people have, to include many **Lo-Moisture Foods** in your daily meals. With the gourmet recipes in *Culinary Capers* they will prove delightful.

MENU SUGGESTIONS

When using our Pantri-Reserve prepacked supplies, consider the following daily amounts:

- Two servings of Fruit
- Two servings of Vegetables
- One serving Potatoes
- Two servings of Protein Foods
- Two servings of Milk
- Sufficient Wheat or Flour to provide 1/2 loaf bread daily.

Although some of our prepacked supplies provide food for larger quantities than these suggestions, these amounts assure the best use of available foods. To utilize some recipes in the cookbook, one might, in some instances, combine the two fruit servings to one 2/3 cup serving.

If you are not using one of our prepacked supplies, we still recommend the above proportions serve as a minimum daily requirement for emergency planning.

By including fruit, vegetables, protein-rich foods, dairy and grain products, one is assured of a nutritionally balanced diet.

Below is an example of a one-week menu using **Lo-Moisture** foods and recipes from *Culinary Capers*: Many additional arrangements are possible, if course.

BREAKFAST	LUNCH	DINNER
Scrambled Eggs	Creamy Potato Soup	Meat Loaf
Toast	Bread	Potato Boats
Milk	Sugar Cookies	Beef-flavored Gravy
Fruit		Peas
		Milk
		Luscious Apricot Squares

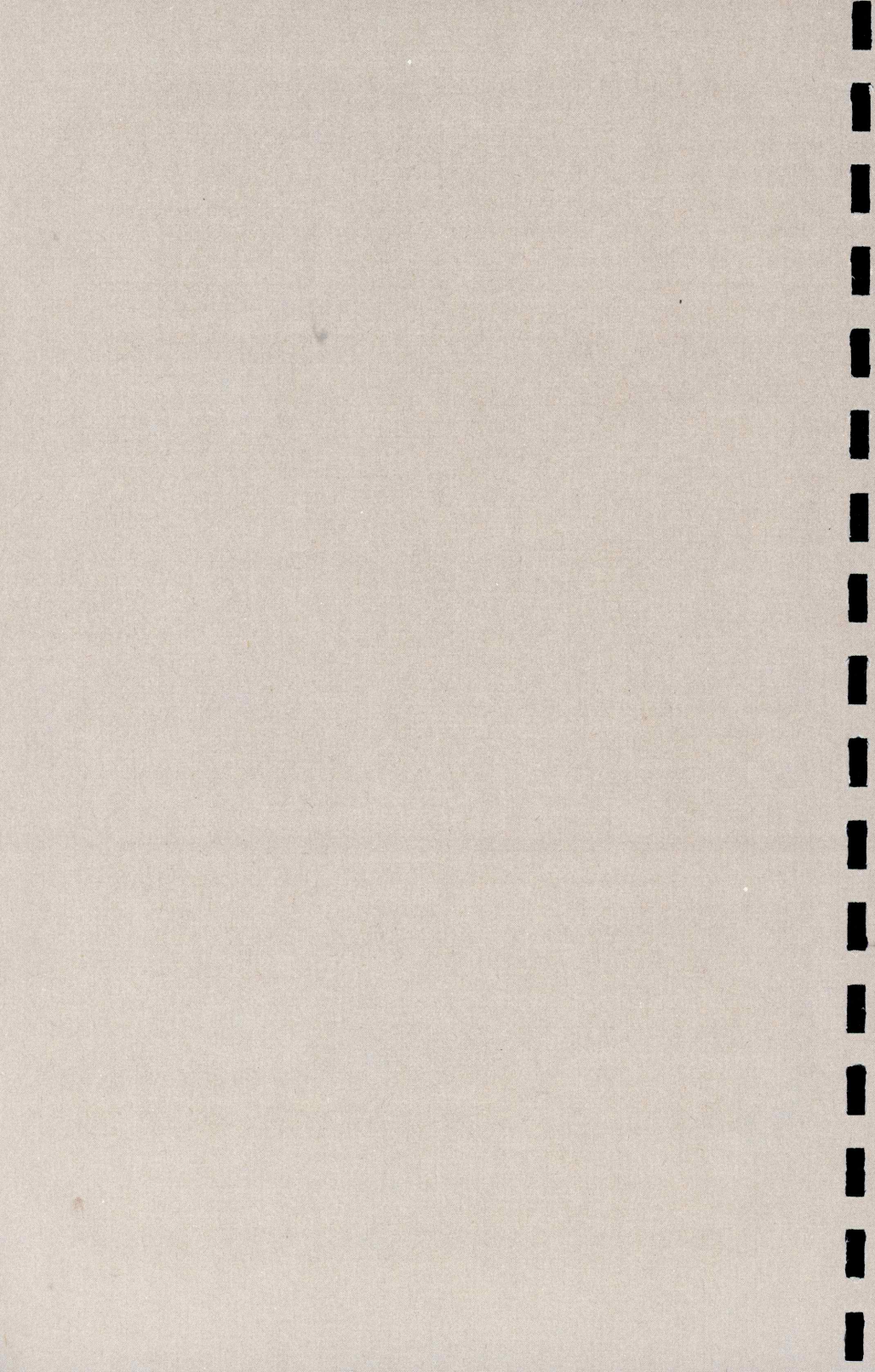
Wheat Cereal Milk Toast Fruit	Corn Chowder Biscuits Snickerdoodles	Supper Dish (Stew) Baking Powder Biscuits Milk Fruit Pie
Pancakes Syrup Milk Fruit	Cheese Spread Sandwiches Water or Milk Oatmeal Drops	Hamburger & Noodles Stroganoff French Bread Milk Green Beans Date Pudding
French Toast Fruit Jam Milk	Vegetable Soup Cinnamon Rolls Milk	Boston Baked Beans Boston Brown Bread Corn Milk Fruit
Ready-To-Eat Cereal Milk Fruit	Bean Chowder Cheese Bread Sticks Chewy Oatmeal Drops	Chicken A La King Baked Rice Parsley-Buttered Carrots Bread Milk Fruit Turnovers
Oatmeal 'N' Apple Milk Toast	Cream of Celery Soup Cornbread Cookies	Chili Corn Fritters Milk Gelatin Snow
Waffles Syrup or Jam Milk	M.P.F. Patties Oriental Onion Cheese Soup Fudgesicles	Spicy Barbecue Pot Au Gratin Potatoes Spinach Bread Milk Apple Splendor

WHY CULINARY CAPERS...

For several years most food processors and an increasing number of public and institutional food users have known of the benefits of **Lo-Moisture** foods as we have introduced them to you. It is time that they help you, directly, in solving your food storage needs. *Culinary Capers* has been specifically written to take advantage of the superior qualities of these foods and to provide you the information to prepare them on a normal-menu basis. It introduces you to the variety and flexibility possible with **Lo-Moisture** foods, and provides much of what you will want to know to use them easily and successfully. It is our sincere conviction that herein you will find the most professional approach to the problem of "normal-meal" food storage and the answers to questions you might have had about the use of these modern and versatile foods.

COOKING WITH LOW-MOISTURE FOODS





TEXTURED VEGETABLE PROTEIN

Textured Vegetable Protein foods are high in protein and rich in flavor and nutrition that closely simulate the savory texture of meats. They can be used in almost any recipe calling for chunks of beef, chicken, ham or bacon. Added to stews, casseroles, gravies the nutritive value, flavor and texture compare well with meat, providing the cook with wide flexibility.

In our recipes, we refer to these products simply as **Beef-Style Granules or Dices, Chicken-Style Granules or Dices or Bacon-Flavored Bits**.

These products come in several sizes of granules with varying absorption qualities for a given volume. For this reason, in recipes calling for dry granules instead of presoaked or reconstituted product, you may find that for best results water amounts have to be adjusted slightly.

HINTS FOR USING TEXTURED VEGETABLE PROTEIN

1. May be used as a meat substitute or as a meat extender. Beef or chicken base or bouillon may be used to add even richer meat flavor when used as a substitute.
2. For best flavor results, add the reconstituted granules during the last 10 or 15 minutes of cooking time. This assures that full flavor remains in the granules rather than dispersing into the soup, stew or casserole.
3. For quick rehydration, simmer 5 to 10 minutes in water.
4. Protein granules contain no oils. For richer flavor, add cooking oil, bacon fat, or suet while simmering. Try two teaspoons oil per cup of granules or oil to taste.

MULTI-PURPOSE FOOD

MPF is a delicately toasted soy protein powder with vitamins and minerals added. Two ounces dry weight provide one-third of the recommended daily allowance for 12 essential vitamins and minerals, about 43 percent of the recommended daily allowance for protein of an adult male, and 150 calories. MPF contains 50 percent vegetable protein that compares favorably with more expensive animal proteins.

USING MPF

1. It can be stirred into cereals, juices, soups and sauces.
2. Use as a bread crumb or cracker crumb substitute for baking or frying.
3. Mix with honey and make an applesauce-textured topping.
4. Mix with mashed potatoes to make a patty; fry.
5. Use as a meat extender for meat loaves; include in casseroles.
6. Replace some flour with MPF in many recipes.

NON-FAT DRY MILK

Both regular and instant non-fat dry milks are excellent storage items. Some prefer to store regular because its higher density permits the storage of more milk in the same space. With these tips, you can store regular milk and use it conveniently instead of instant.

1. Regular milk mixes best in warm water. A shaker, blender or wire whip will help in dispersing solids for easier reconstitution. Try adding only half of the liquid until milk solids are thoroughly dispersed, then stir in remaining water.
2. For many, a pinch of salt increases the natural flavor of reconstituted milk.
3. When adding non-fat dry milk to dry ingredients in a recipe, regular mixing works just as well as instant.
4. If a recipe calls for a cup or more of Instant Non-fat Milk, cut the volume 1/4 when substituting Regular-mixing.
5. Regular mixing milk will whip as does Instant; mix approximately one-half water and one-half milk solids. A small quantity of unflavored gelatin will aid in whipping.

HONEY AND ITS USES

Honey will crystalize as it gets older, especially at lower storage temperatures. This is a natural process and does not harm the honey in any way. To liquify for use, place the container of honey in a pan of hot water until crystals disappear. The process can be speeded up by raising the container off the bottom of the pan with a rack and setting the pan on low heat. Care should be taken not to overheat as changes in color and flavor can occur.

HINTS FOR USING HONEY

1. In baking, honey may be substituted for sugar in equal amounts by simply reducing the total amount of other liquid in the recipe by about 1/4 cup for each cup of honey used.
2. When honey is used instead of sugar in baking, lower baking temperature to prevent overbrowning.
3. Two tablespoons of honey added to a cake mix will make the cake more tender and less crumbly.
4. Mix honey with lemon juice for a simple cough remedy.
5. Use honey as a sweetener for hot or cold cereals and for drinks.
6. "Honey Sauce" works well for topping on hot desserts. Cream honey with one half as much butter or margarine until well blended.
7. For a "honey butter spread," blend 1/4 cup honey with 1 cup butter or margarine and blend until fluffy. Can be used on pancakes, waffles, toast, etc. This can be pre-blended with peanut butter for a ready sandwich spread.

BEANS, LENTILS, SOYBEANS, DRY PEAS

TIPS ON COOKING OF DRY BEANS

This method of soaking and cooking saves time over the traditional overnight soaking. Measure the soaking water, then immediately bring the beans to a boil and boil two minutes. Remove from heat and soak for one hour, and then cook. To save vitamins and minerals, cook the beans in the water in which they were soaked.

VARIETY (1 CUP EACH)	AMOUNT OF WATER CUPS	BOILING TIME HOURS	YIELD CUPS
Black beans	3	About 2	2
Blackeye beans (blackeye peas, cowpeas)	2-1/2	1/2	2-1/2
Great Northern beans	2-1/2	1 to 1-1/2	2-1/2
Kidney beans	3	About 2	2-3/4
Lentils	2-1/2*	1/2	2-1/2
Lima Beans, large	2-1/2	1	2-1/2
Lima Beans, small	2-1/2	About 3/4	2
Peas, whole	2-1/2	1	2-1/2
Pinto beans	3	About 2	2-1/2

*Add this amount of water; no soaking required

Soybeans

TO COOK: Soak overnight; drain, add fresh water, and simmer for two hours (or with a pressure cooker at 15 lbs. pressure, cook for 15 to 30 minutes). The pressure cooker shortens the cooking time and produces a highly tender bean).

BAKING: Partly cook in open kettle or pressure cooker, then combine with seasonings and bake in slow oven three to four hours or until beans are tender and savory. (Any standard recipe for baked beans may be followed.)

PULP: Press cooked soybeans through a coarse sieve or grind in a food grinder and use in making soups, croquettes, loaf or souffle. Cold, the pulp makes a nutritious and flavorful filling for sandwiches when mixed with chopped onion and enough salad dressing or milk to make it easy to spread. May be used like pumpkin or squash with milk, eggs, and spices as a filling for pie.

FRYING: Because soybeans contain so much protein and fat, they are good fried in deep fat and salted to serve like salted nut. Wash and soak the dry beans overnight, then drain, and spread them out at room temperature until the surface is dry. Fry a few at a time in deep fat at 350° F. for eight to ten minutes. Drain on absorbent paper and sprinkle with salt while still warm.

POWDERED WHOLE EGGS

The list of equivalents below shows the amount of powdered whole eggs and the amount of water to use in place of a given number of shell eggs.

SHELL EGGS	SIFTED POWDERED WHOLE EGGS	LUKEWARM WATER
1	2-1/2 Tbsp.	2-1/2 Tbsp.
2	5 Tbsp.	5 Tbsp.
3	1/2 cup	1/2 cup
4	2/3 cup	2/3 cup
5	3/4 cup	3/4 cup
6	1 cup	1 cup
8	1-1/4 cups	1-1/4 cups
10	1-1/2 cups + 1 Tbsp.	1-1/2 cups + 1 Tbsp.
12	2 cups	2 cups

Dried egg that has been mixed with water should be used within an hour.

HOW TO RECONSTITUTE:

1. Sift powdered whole eggs. Pack lightly in a measuring spoon or cup. Level off top with a spatula or straight edge of a knife.

2. Put lukewarm water in a bowl. Sprinkle the dried egg over the water. Stir egg and water to moisten. Beat until smooth with a rotary beater, wire whip, or electric mixer. Scrape egg mixture off the side of the bowl.

Note: Housewives who make their own quick bread, cake, or cookie mixes can combine powdered whole egg with the other ingredients of the mix in one of two ways.

Either sift the dried egg three times with the other ingredients of the mix, or combine the powdered egg and other ingredients with an electric mixer; mix for two minutes.

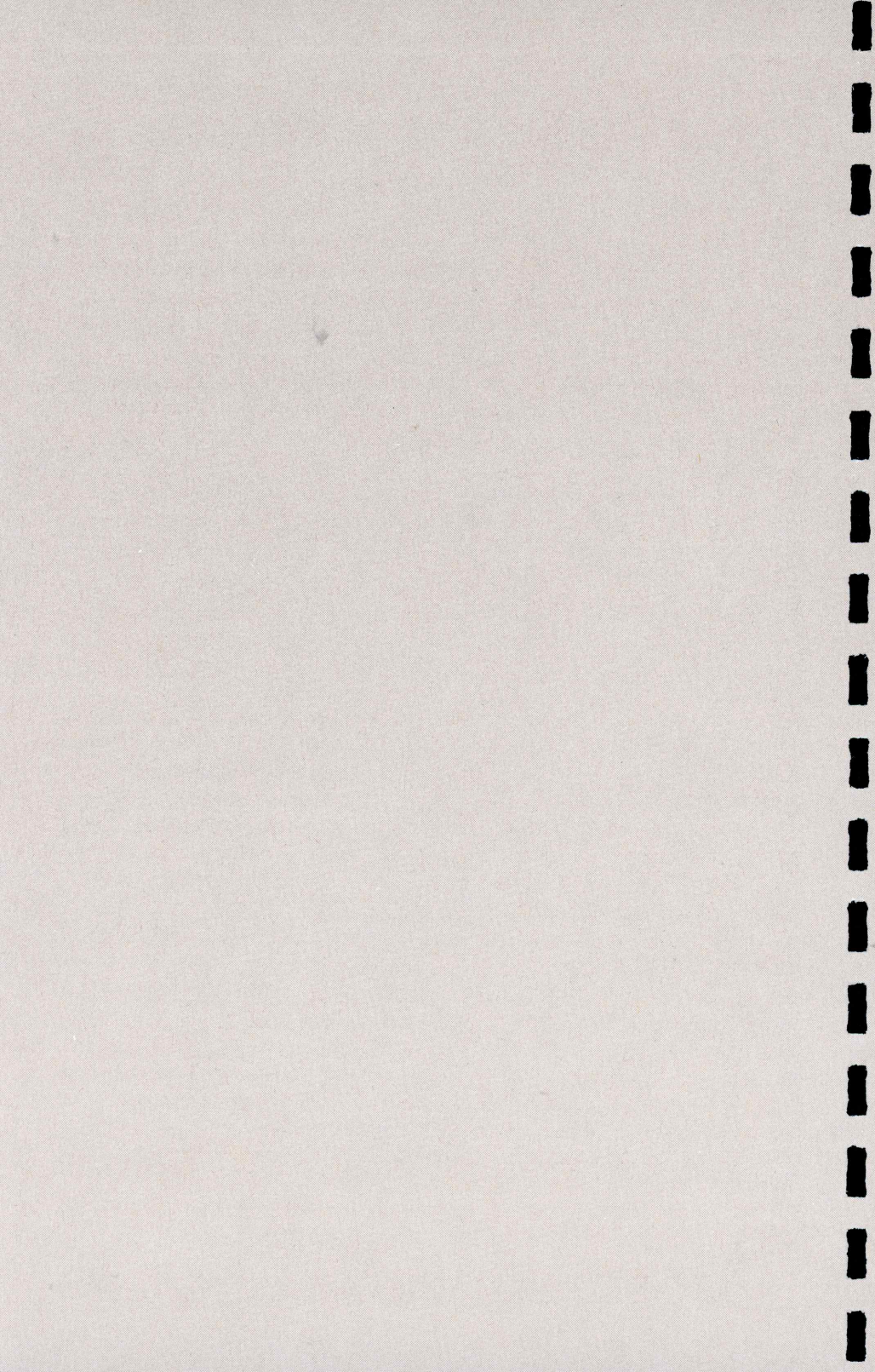
If stored in a tightly covered container in a cool, dry place, a dry mix made with dried egg will keep for many months. It needs only to be combined with liquid to be made ready for baking.

SUBSTITUTIONS & EQUIVALENTS

Remember that the recipes in *Culinary Capers* are high quality recipes for the most delightful meals, similar to the ones you use each day. While most of them are simple and flexible, in an emergency you may, for a time, find it necessary to compensate for certain items that are not available in desired quantities. To aid in substituting ingredients you may have for those not available, we have included some substitution tables. Undoubtedly, the common-sense ingenuity of the housewife will suggest other or even better ways to make a good product without a particular ingredient in many instances.

MAIN DISHES





Submitted by: Jennie St. Laurent
Salt Lake City, Utah

MEAT LOAF

1 cup + 2 Tbsp.	Lo-Mo Beef Style Granules
1/3 cup	Lo-Mo Potato Flakes
3 Tbsp.	Lo-Mo Carrot Dices
1/2 Tbsp.	Lo-Mo Celery Flakes
1/2 Tbsp.	Lo-Mo Green Pepper Dices
1 Tbsp.	Lo-Mo Minced Onion
1 Tbsp.	Lo-Mo Tomato Crystals
1/3 cup	Rolled Oats
2 Tbsp.	Lo-Mo Beef-Style Gravy Mix
3 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
1 Tbsp.	Lo-Mo Butter Mix , lightly packed
2 Tbsp.	Lo-Mo Milk
1/2 Tbsp.	Sugar
1 Tbsp.	Lo-Mo Bacon-Flavored Bits
1/2 tsp.	Vinegar
1 tsp.	Poultry Seasoning (optional)
1-3/4 to 2 cups	Hot Water

1. Combine all ingredients; mix well. Let stand 15 to 20 minutes. Add more water if mixture appears too dry.
2. Transfer to well greased, 1 pound loaf pan; cover tightly with aluminum foil. Bake in a 350° F. oven for 30 minutes. Remove foil; bake 15 minutes longer.

Yield: 6 Servings

CHICKEN-STYLE CRACKED WHEAT

3/4 cup	Uncooked Cracked Wheat
1/4 cup	Lo-Mo Chopped Onions + 1 cup water
1/4 cup	Cooking Oil
2 tsp.	Instant Chicken Bouillon
1/4 cup	Lo-Mo Butter Mix , lightly packed

1. Place cracked wheat on baking sheet with sides. Place in a 350° F. oven for 10 to 15 minutes.
2. Rehydrate onion in water for about 10 minutes, drain and reserve liquid. Heat oil in small skillet over medium heat; sauté onion in oil until tender.
3. Add enough water to reserved liquid to equal 2 cups; heat until hot but not boiling. Dissolve bouillon cubes in hot water.
4. Combine well bouillon broth, sautéed onion, wheat and butter in a casserole dish. Bake in a 350° F. oven for 25 to 30 minutes. Remove cover, stir and bake 15 minutes longer. Stir before serving.

Yield: 3 to 4 Servings

SPICY BARBECUE POT

1 cup	Lo-Mo Beef-Style Dices
1/4 cup	Lo-Mo Chopped or Minced Onion
1/4 cup	Lo-Mo Celery Flakes
1/4 cup	Lo-Mo Green Pepper Dices
3 cups	Lukewarm Water
1 cup	Lo-Mo Tomato Crystals
1/4 cup	Vinegar
1/4 cup	Worcestershire Sauce
2 Tbsp.	Raw or Brown Sugar, firmly packed
1 tsp.	Dry Mustard
1 tsp.	Salt
3 Dashes	Tabasco Sauce (optional)

1. Presoak beef dices, onion, celery and green pepper until ready to use; drain.
2. Add water to tomato crystals; stir until blended smoothly.
3. In medium saucepan, combine tomato sauce, vinegar, Worcestershire sauce, sugar, mustard, salt, tabasco sauce, beef and vegetables.
4. Cook, covered, over low heat (at a gentle boil) for 30 to 45 minutes, or until beef is tender. Stir frequently. Add a little water if sauce thickens too much. Serve over steamed rice or mashed potatoes.

Yield: 4 Servings

CHICKEN A LA KING

1-1/3 cups	Lo-Mo Chicken-Style Granules or 1-1/2 cups Freeze-Dried Chicken Dices
1/4 cup	Freeze-Dried Mushroom Slices
1 tsp.	Lo-Mo Green Pepper Dices
3 Tbsp.	Lo-Mo Minced Onion
6 Tbsp.	Cooking Oil or Margarine
6 Tbsp.	Flour
1/2 tsp.	Salt
	Pinch Pepper
1/4 tsp.	Turmeric (Optional)
1-1/2 tsp.	Sugar
2 cups	Reconstituted Lo-Mo Sweet Cream
2 tsp.	Instant Chicken Bouillon
1-1/3 cups	Hot Water

1. Rehydrate chicken according to label directions until ready to use; drain off excess liquid.
2. Presoak mushrooms, green pepper and onion for 10 minutes; drain. Heat oil in large skillet; add mushrooms, green peppers and onions; cook 5 to 10 minutes, stirring occasionally, until onion is golden brown.
3. Blend in flour, salt, pepper, turmeric and sugar. Remove from heat.
4. Dissolve bouillon in hot water; stir bouillon broth and cream into vegetable mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute.
5. Stir in chicken; heat through. Serve hot.

Yield: 6 Servings



For **Increased Protein** in many foods soy flour can be used to replace up to 20 to 25% of the regular flour called for in a recipe.



BEEF-STYLE HASH

2 cups	Lo-Mo Shredded Potatoes
1 cup	Lo-Mo Onion Slices
1 cup	Lo-Mo Beef-Style Granules
1/4 cup	Lo-Mo Beef-Flavored Gravy Mix
1/4 cup	Lo-Mo Non-fat Dry Milk
1-1/2 to 2 tsp.	Salt
1/4 tsp.	Pepper
4-2/3 cup	Cold Water
1/4 cup	Cooking Oil or Margarine

1. Combine all dry ingredients and cold water in large saucepan; mix thoroughly. Bring to a moderate boil for about 10 minutes, or until most of liquid is absorbed.
2. Heat oil in large skillet; spread hash evenly over bottom. Cook over low heat, turning frequently with wide spatula, about 20 minutes, or until potatoes are tender and brown.

Yield: 4 to 6 Servings

NOTE:

For ease of browning, during the last ten minutes of cooking time sprinkle potatoes lightly with **Lo-Mo potato granules**; turn potatoes; let brown on bottom side. Repeat process until brown on other side.

Submitted by: Auldin Briggs
Vacaville, California

BOLOGNESE SAUCE SUPREME

2 Tbsp.	Lo-Mo Chopped Onion
1 Can (3-1/4 oz. size)	Freeze-Dried Hamburgers
2 tsp.	Lo-Mo Red and Green Pepper Dices
1/4 cup (approx. 1 oz.)	Lo-Mo Beef-Style Gravy Mix
1/2 cup	Lo-Mo Tomato Crystals
1-1/3 Tbsp.	Raw or Brown Sugar, firmly packed
2 tsp.	Vinegar
1/4 tsp.	Salt
2 to 3 cups	Cold Water

1. Add onion and green pepper to hamburgers and reconstitute as directed on can label until ready to use; drain.
2. Combine gravy mix, tomato crystals, sugar, vinegar and salt with 2 cups water. Bring to a boil; reduce heat and stir constantly until sauce is of a thick and smooth consistency.
3. Crumble hamburgers; add hamburgers, onion and green pepper to sauce. Simmer 15 minutes, stirring often. Add more water if sauce thickens too much. Serve over toast, spaghetti, rice or mashed potatoes.

Yield: 4 Servings

Submitted by: Mrs. Jay Cottle
Menan, Idaho

SUPPER DISH (STEW)

1 cup	Lo-Mo Potato Slices
1/3 cup	Lo-Mo Carrot Slices
1/4 cup	Lo-Mo Green Peas
1/2 cup	Lo-Mo Onion Slices
5 to 7 cups	Water
3/4 cup	Lo-Mo Beef-Style Gravy Mix
1/2 tsp.	Cumin (optional)
1/4 tsp.	Pepper
1/2 cup	Lo-Mo Beef-Style Dices or 3/4 cup Freeze-Dried Beef Dices

1. Combine potatoes, carrots, peas, onion, gravy mix, cumin, and pepper in large skillet or saucepan; add 5 cups cold water. Bring to a boil, stirring constantly; reduce heat to medium. Cook, stirring, until smooth and thick. Add more water if stew appears too thick.
2. Reconstitute beef dices according to label directions; add to stew the last 10 minutes of cooking time.

Yield: 4 to 6 Servings

BAKED LENTILS, U.S.A.

1 pound (2-1/3 cups)	Lentils
1/4 cup	Lo-Mo Minced Onion
3	Whole Cloves
1	Bay Leaf (optional)
2 tsp.	Salt
5 cups	Water
1/2 cup	Catsup (recipe, page 68)
1/4 cup	Molasses
2 Tbsp.	Raw or Brown Sugar, firmly packed
1 tsp.	Dry Mustard
1/4 tsp.	Worcestershire Sauce
3 to 4 Tbsp.	Lo-Mo Bacon-Flavored Bits

1. Wash lentils. Combine lentils, 2 tablespoons onion, cloves, bay leaf, salt and water in large saucepan or Dutch oven. Bring to a boil; reduce heat and simmer, covered, for 30 minutes. Do not drain.
2. Stir in catsup, molasses, raw sugar, mustard, Worcestershire sauce and remaining 2 tablespoons onion. Pour into a 2-quart casserole dish or bean pot. Sprinkle top with bacon bits. Cover and bake at 350° F. for 1 hour. Serve with brown bread (recipe, page 80).

Yield: 12 Servings

SPANISH WHEAT

1 Tbsp.	Lo-Mo Minced Onions
2 tsp.	Lo-Mo Green Pepper Dices
1 Tbsp.	Cooking Oil
2/3 cup	Lo-Mo Tomato Crystals
3 cups	Cooked Whole Wheat (recipe, page 102)
6 Tbsp.	Lo-Mo Bacon-Flavored Bits
1 tsp.	Salt
1/8 tsp.	Pepper

1. Cover onion and pepper with about 1/4 cup water. Soak 10 to 15 minutes; drain.
2. Heat oil in large skillet over medium heat. Sauté onion and pepper in oil until onion is tender.
3. Add enough water to tomato crystals to make 2 cups tomato sauce. Stir tomato sauce, cooked whole wheat, bacon bits, salt and pepper into sautéed onion and green pepper.
4. Transfer to lightly greased casserole dish. Bake at 350° F for 30 minutes.

Yield: 4 to 6 Servings

VARIATION: Sprinkle top with 3 to 4 tablespoons **Lo-Mo cheddar cheese mix** before baking.

Submitted by: Mrs. John J. Mimier
Dallas, Texas

HERBED DRIED BEANS

1 cup	Pinto Beans
4 cups	Cold Water
2 Tbsp.	Cooking Oil or Margarine
1 tsp.	Salt
1 Tbsp.	Lo-Mo Minced Onion
1 tsp.	Lo-Mo Parsley Flakes
1/2 tsp.	Granulated Garlic
1 tsp.	Lo-Mo Celery Flakes
1/2 tsp.	Dried Rosemary
1/2 tsp.	Dried Sweet Basil
1 tsp.	Blackstrap Molasses
1 Tbsp.	Cooking Sherry (optional)

1. Wash beans. Cover with cold water and bring to a boil; drain. Cover again with 4 cups cold water.
2. Add remaining ingredients. Bring to a boil; reduce heat and simmer, covered, until beans are tender—about 4 to 6 hours. (Do not boil rapidly or beans will burst.) Remove lid during cooking to reduce liquid amount, if desired.

Yield: 5 Servings

HONEY BEANS

2-1/3 cups	Navy Beans
6 cups	Cold Water
2 tsp.	Salt
1/2 cup	Honey
2 Tbsp.	Margarine or Cooking Oil

1. Wash beans. Cover with cold water and bring to a boil; drain. Cover again with 6 cups cold water; bring to a boil and simmer, covered, until beans are tender—about 4 to 6 hours. (Do not boil rapidly or beans will burst.) Add more water during cooking, if liquid level gets too low. (A minimum of 1 cup liquid should remain at the end of the cooking process.)
2. Add salt, honey and margarine; stir until well mixed. Simmer 20 minutes, or until liquid is absorbed but beans are still juicy.

Yield: 6 Servings

BOSTON BAKED BEANS

2 cups	Navy Beans
6 cups	Cold Water
1-1/2 tsp.	Salt
2 Tbsp.	Lo-Mo Chopped Onion
1/4 cup	Cooking Oil or Margarine
1/4 cup	Raw or Brown Sugar, firmly packed
3 Tbsp.	Molasses
1/4 tsp.	Dry Mustard
1/8 tsp.	Pepper
1/2 cup	Lo-Mo Bacon-Flavored Bits

1. Wash beans. Cover with cold water and bring to a boil; drain. Cover again with 4 cups cold water, bring to a boil and simmer, uncovered, for 1 to 2 hours, or until tender. (Do not boil rapidly or beans will burst.) Drain beans, reserving liquid.
2. Preheat oven to 300° F. Layer beans with onion in ungreased 2-quart bean pot or casserole. Stir together cooking oil, sugar, molasses, mustard, pepper and 1 cup of reserved liquid; pour over beans. Add enough of the remaining reserved liquid or water to almost cover beans.
3. Cover, bake 3-1/2 to 4 hours, removing cover for the last half of baking time. Stir in bacon bits the last 30 minutes of cooking time. If beans appear dry during baking, stir.

Yield: 6 to 8 Servings

SALISBURY STEAK

1 cup	Lo-Mo Beef-Like Granules
1 pound	Ground Beef (fresh)
2 Tbsp.	Lo-Mo Minced Onion
1 Tbsp.	Lo-Mo Green Pepper Dices
1/2 tsp.	Salt
1/4 tsp.	Pepper
1/4 tsp.	Ground Cumin (Optional)
1/4 tsp.	Garlic Granules (not salt)
2 1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs

1. Reconstitute granules for about 5 minutes in 3/4 cup warm water. Add to ground beef and mix thoroughly.
2. Presoak onion and green pepper for about 20 minutes; drain. Add together with salt, pepper, cumin and garlic to meat.
3. Rehydrate egg in 2 1/2 Tbsp. lukewarm water, beat slightly; combine with meat.
4. (Preheat oven to 350° F.) Shape meat into large patties. Bake until browned; turn; bake on other side. Or fry in lightly greased skillet. Serve topped with **Lo-Mo Beef-Style Gravy**.

Yield: About 8 Patties

SCRAMBLED EGGS

1 cup	Sifted Lo-Mo Powdered Whole Eggs
2-1/2 Tbsp.	Lo-Mo Non-Dairy Creamer Mix (optional)
4-1/2 tsp.	Lo-Mo Non-Fat Dry Milk
3/4 tsp.	Salt
1/8 tsp.	Pepper
2 Tbsp.	Lo-Mo Butter Mix , lightly packed (optional)
3/4 cup	Water

1. Sift dry ingredients together into a medium bowl.
2. Add water; mix with fork just until well blended.
3. Over medium heat, heat 1 tablespoon oil in large skillet until just hot enough to sizzle a drop of water. Pour egg mixture into skillet.
4. As eggs begin to set, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Cook until eggs are thickened throughout but still moist—about 3 to 5 minutes.

Yield: 2 cups — About 3 Servings

VARIATION:

Bacon Scrambled Eggs: Stir 2 tablespoons **Lo-Mo Bacon-Flavored Bits** into egg mixture before pouring into skillet.

Cheese Scrambled Eggs: Stir 2 to 3 tablespoons **Lo-Mo cheddar cheese mix** into mixture before pouring into skillet.

OMELET

1 cup	Lo-Mo Powdered Whole Eggs
2-1/2 Tbsp.	Lo-Mo Non-Dairy Creamer Mix
4-1/2 tsp.	Lo-Mo Non-Fat Dry Milk
3/4 tsp.	Salt
1/8 tsp.	Pepper
2 Tbsp.	Lo-Mo Butter Mix , lightly packed (optional)
3/4 cup	Water

1. Sift ingredients together into a medium bowl.
2. Add water; mix with fork just until well blended.
3. Over medium heat, heat 1 tablespoon oil in a large skillet or omelet pan until just hot enough to sizzle a drop of water. Tilt skillet in all directions to coat side thoroughly. Quickly turn egg mixture, all at once, into skillet.
4. As omelet sets, run spatula around edge to loosen. Tilt pan to let uncooked portion run underneath. Continue loosening and tilting until omelet is almost dry on top and golden brown underneath.

5. To turn out, loosen edge with spatula. Fold in half, to edge of pan; tilt out onto plate.

Yield: 3 Servings

VARIATIONS:

Western Omelet: Soak 1 teaspoon **Lo-Mo chopped onion** and 1 teaspoon **Lo-Mo green pepper dices** in 2 tablespoons water for 10 to 15 minutes; drain. Stir 1 tablespoon **Lo-Mo Bacon-Flavored Bits**, onion and green pepper into egg mixture before pouring into skillet.

Cheese Omelet: Stir 2 to 3 tablespoons **Lo-Mo cheddar cheese mix** into egg mixture before pouring into skillet.

INTERNATIONAL

Submitted by: Paula M. Strain
Bethesda, Maryland

TAMALE PIE

2 cups	Cornmeal
1 tsp.	Salt
5 cups	Hot Water
6 Servings	Chili (recipe, page 29)
	Lo-Mo Cheddar Cheese Mix

1. In top of double boiler, combine cornmeal and salt; add hot water stirring. Cook mixture, covered, for 30 minutes, stirring occasionally, until fairly stiff.
2. Preheat oven to 350° F. Line bottom and sides of a 2-quart casserole with 2/3 of cornmeal mush. Pour prepared chili into casserole; dot with rest of mush.
3. Bake for 30 minutes. Cheese may be sprinkled on top of pie when served.

Yield: 6 to 8 Servings

Submitted by: Mrs. Carl W. Clark
Blackfoot, Idaho

BEEF-STYLE ENCHILADAS

1 Tbsp.	Lo-Mo Chopped Onion
1-1/2 Tbsp.	Cooking Oil or Margarine
1 cup	Lo-Mo Beef-Style Granules
1-1/2 tsp.	Vinegar
1/4 cup	Chopped Ripe Olives (optional)
1/2 cup	Lo-Mo Tomato Crystals , mixed well with one cup water
1 Tbsp.	Chili Powder
1/4 tsp.	Granulated Garlic
1 tsp.	Salt
1/4 tsp.	Pepper
1/4 tsp.	Ground Cumin (optional)
	Tabasco Sauce, as desired (optional)
2 cups	Water
1/4 cup	Flour
8 to 12	Flour Tortillas (recipe, page 84)
	Lo-Mo Cheddar Cheese Mix

1. Presoak onion for 10 minutes; drain. Sauté in oil in a medium saucepan or kettle.
2. Reconstitute granules according to label directions.
3. Combine granules, vinegar, olives, tomato sauce, chili powder, garlic, salt, pepper, cumin, tabasco sauce and 1-1/2 cups water with sautéed onion and simmer, uncovered, for 20 minutes.
4. Mix flour with 1/2 cup cold water until blended smoothly; add to meat mixture and thicken, stirring occasionally. Set aside.
5. To assemble enchiladas, place about 1/3 cup filling in center of each tortilla; roll up. Arrange, seam side down, in a baking dish. Sprinkle with cheese.
6. Bake 25 minutes.

Yield: Makes 8 to 12 Enchiladas

BEEF-STYLE SPANISH RICE

5 to 5-1/2 cups	Water
1 cup	Uncooked White Rice
2-2/3 Tbsp.	Lo-Mo Shortening Mix
2 Tbsp.	Lo-Mo Minced Onion
2 tsp.	Lo-Mo Celery Flakes
6 Tbsp.	Lo-Mo Tomato Crystals
2/3 cup	Lo-Mo Beef-Style Granules

1 Tbsp.	Sugar
1/2 tsp.	Garlic Granules
2 tsp.	Chili Powder
2 tsp.	Salt
1/2 to 1 tsp.	Pepper

1. Bring water to a boil in 2-1/2 quart saucepan.
2. Combine all dry ingredients. Add to boiling water; bring to a boil again and stir once or twice. Reduce heat to low and cook, covered, for 20-30 minutes, or until rice is tender and most of liquid is absorbed.
3. If a thicker mixture is desired, allow to stand about 5 minutes before serving.

Yield: 5 Servings

Submitted by: Mrs. Anne Crichton
Freehold, New Jersey

CHILI

2 cups	Beans, Pinto or Chili
4 cups	Cold Water
1 cup	Lo-Mo Beef-Style Granules
2 Tbsp.	Cooking Oil or Margarine
1 cup	Lo-Mo Tomato Crystals , mixed well with 2 cups water
2 to 3 Tbsp.	Lo-Mo Minced Onion
1 to 2	Cloved Garlic, minced or 1/4 to 1/2 tsp. Granulated Garlic
1 to 2 Tbsp.	Chili Powder
2 tsp	Sugar
1 tsp.	Salt
1/2 tsp.	Cumin (optional)
	Tabasco Sauce, as desired (optional)
1 to 2 Tbsp.	Lo-Mo Bacon-Flavored Bits

1. Wash beans. Cover with cold water and bring to a boil; drain. Cover again with 4 cups cold water. Bring to a boil; reduce heat and simmer, covered, until beans are almost tender, about 4 to 6 hours. (Do not boil rapidly or beans will burst.)
2. Add granules, oil, tomato sauce, onion, garlic, chili powder, sugar, salt, cumin and tabasco sauce to beans.
3. Simmer, covered, 1 hour. Add bacon bits; simmer uncovered, another 1/2 hour, or until beans are tender. Add more water if mixture thickens too much.

Yield: 6 Servings

CRUST

2 cups
3 tsp.
1 tsp.
1/2 cup
3/4 cup

QUICK PIZZA

Sifted All-Purpose Flour
Baking Powder
Salt
Lo-Mo Shortening Mix
Reconstituted **Lo-Mo Milk**

1. Preheat oven to 425° F. Sift flour with baking powder, salt and shortening into medium bowl.
2. Make a well in the center. Pour in 2/3 cup milk all at once; stir quickly with a fork. If mixture seems dry, add a little more milk to form dough just moist enough (but not wet) to leave side of bowl and form ball.
3. Turn out dough onto lightly floured surface to knead. Gently pick up dough from side away from you; fold over toward you; press out lightly with palm of hand. Give dough a quarter turn. Repeat 10 to 20 times, or until dough is smooth.
4. Gently roll out dough to a 12-inch diameter, about 1/4-inch thick. Fit into greased pizza pan, pressing edges onto side of pan. Spread with desired filling (see below).
5. Bake pizza 25 minutes. Reduce oven temperature from 425° to 400° F. if crust is browning too quickly and sauce is drying out.

Yield: 1 - 12" Pizza

FILLING

2 Tbsp.
2 Tbsp.
2/3 cup

Lo-Mo Minced Onion
Cooking Oil or Margarine
Lo-Mo Tomato Crystals, mixed well in
1-1/3 cups water

1 small
1 Tbsp.
1/2 tsp.
1/2 tsp.

Bay Leaf
Sugar
Salt
Dried Oregano, leaves or ground
(optional)
Granulated Garlic
Dash Pepper

1/4 to 1/2 tsp.

1. Presoak onion for 10 minutes; drain. Meanwhile, slowly heat oil in 2-quart saucepan. Sauté onion until golden.
2. In saucepan combine tomato sauce with remaining ingredients; bring to a boil. Reduce heat and simmer, stirring occasionally, for 30 minutes. Add a little water if sauce thickens too much.
3. Remove bay leaf.

Yield: About 1-1/3 cups (1 - 12" Pizza)

FILLING VARIATIONS

Cheese: Sprinkle **Lo-Mo cheddar cheese mix** or grated parmesan cheese on pizza filling as desired.

Mushroom: Presoak 1/4 cup **freeze-dried mushrooms** for 15 minutes; drain. Place on pizza filling; cover with cheese.

Beef-Style: Rehydrate 1/2 cup **Lo-Mo Beef-Style Granules** according to label directions; drain. Place over pizza filling. Cover with cheese.

Green Pepper: Presoak 1 tablespoon **Lo-Mo green pepper dices** for 20 minutes; drain. Sprinkle over pizza filling. Cover with cheese.

Bacon-Flavored: Sprinkle **Lo-Mo Bacon-Flavored Bits** on pizza filling, as desired. Cover with cheese.

NOTE: Bacon Bits increase the salt content.

Combo: Be creative! Combine any or even all of the above in any desired amounts.

INDIAN SHRIMP CURRY

1 to 1-1/2 cups	Uncooked White Rice
1 tsp.	Instant Chicken Bouillon
1 cup	Hot Water
1-1/3 Tbsp.	Lo-Mo Minced Onion
2 tsp.	Lo-Mo Celery Flakes
2 tsp.	Lo-Mo Green Pepper Dices
5 Tbsp.	Cooking Oil or Margarine
6 Tbsp.	Flour
2-1/2 tsp.	Curry Powder
1-1/4 tsp.	Salt
1-1/2 tsp.	Sugar
1/4 tsp.	Ground Ginger
2 cups	Reconstituted Lo-Mo Milk
15 to 20	Large Freeze-Dried Shrimp
1 tsp.	Reconstituted Lemon Juice.

1. Cook rice as label directs; keep hot.
2. Dissolve bouillon cube in hot water.
3. Presoak onion, celery and green pepper for 10 minutes; drain. In double-boiler or saucepan, heat oil or melt margarine. Add vegetables; simmer about 30 minutes, or until tender.
4. Stir in flour, curry, salt, sugar and ginger. Gradually stir in bouillon broth and milk. Cook, stirring, until thickened.
5. Rehydrate shrimp for about 15 minutes; drain. Add to sauce along with lemon juice; heat 10-20 minutes.
6. Serve ring of hot rice on heated platter with curry in center. (Refer to page 105 for directions on making rice ring.)

Yield: 6-8 Servings

Submitted by: Mrs. C. L. Dolivier
Plymouth, Michigan

CREPES GLACEE A LA REINE

(Pancakes filled with Chicken Au Gratin)

Crepes:

1-1/2 cups	Sifted All-Purpose Flour
2 Tbsp.	Sugar
1 tsp.	Baking Powder
1/2 tsp.	Salt
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
2 cups	Reconstituted Lo-Mo Milk

1. Sift flour, sugar, baking powder and salt into medium bowl.
2. Reconstitute egg in 1/3 cup cold water. Add to milk; mix well. Pour into dry ingredients; beat until smooth.
3. For each pancake, grease lightly the bottom of an 8-inch skillet. Heat until drops of water sprinkled on skillet skitter around.
4. Pour in 1/4 cup batter, rotating pan quickly to spread batter completely over bottom of pan.
5. Cook for 1 minute; turn; cook 1 minute longer until golden brown. Fold in half. Keep warm.

Filling:

1/3 cup	Freeze-Dried Mushroom Slices
1/2 Tbsp.	Lo-Mo Minced Onion
6 Tbsp.	Cooking Oil or Margarine
1 cup	Lo-Mo Chicken-Style Granules
2 tsp.	Instant Chicken Bouillon
2 cups	Hot Water
1/4 cup	Flour
1/8 tsp.	Pepper
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1/2 cup	Reconstituted Lo-Mo Sweet Cream
1/2 cup	Grated Parmesan Cheese

1. Prepare crepes; keep warm in oven while making filling.
2. Presoak mushrooms and onion for 10 minutes; drain. Heat 2 tablespoons oil in skillet; saute' mushrooms and onion. Reconstitute granules according to label directions; drain excess water and add to skillet. Simmer 5 to 10 minutes, or until oil is absorbed. Set aside.
3. Dissolve bouillon in hot water.
4. Heat remaining 1/4 cup oil in saucepan. Add flour. Gradually add bouillon broth and pepper; stir over medium heat until sauce thickens. Blend in mushrooms, onion and chicken.
5. Reconstitute egg in 1/3 cup cold water. In small saucepan, combine egg, cream and 2 tablespoons cheese; heat.

6. Meanwhile, in center of each crepe, place about 2-1/2 tablespoons chicken mixture. Fold two opposite sides over filling; roll up carefully.
7. Arrange crepes, seam side down, on large oven-proof platter. Pour creamy sauce over all. Sprinkle top with remaining cheese; run under broiler until top is golden brown.

Submitted by: Mrs. C. L. Dolivier
Plymouth, Michigan

QUICHE LORRAINE

(Bacon and Cheese Pie)

One 9-inch Unbaked Pie Shell
(refer to page 111 for recipe)

1 Tbsp.
1 Tbsp.
1/2 cup + 2 Tbsp.
2 cups

1/8 tsp.

1/2 cup

3 Tbsp.

Lo-Mo Minced Onion

Cooking Oil or Margarine

Sifted Lo-Mo Powdered Whole Eggs

Reconstituted Lo-Mo Sweet Cream

Pinch Sugar

Pinch Nutmeg

Pinch Cayenne Pepper (optional)

Pepper

Flour

Lo-Mo Bacon-Flavored Bits

Lo-Mo Cheddar Cheese Mix

1. Preheat oven to 400° F.
2. Presoak onion for 10 minutes; drain. Sauté in oil over medium heat.
3. Meanwhile, reconstitute egg in 1/2 cup plus 2 tablespoons lukewarm water; combine with onion, cream, sugar, nutmeg, cayenne and pepper. Beat to a custard-like consistency.
4. Dust surface of pie shell lightly with flour. Fill with bacon bits; sprinkle with cheese and dust with flour again. Keep covered with damp cloth or paper towel until ready to use.
5. Pour custard into pie shell. Bake for 10 minutes; reduce temperature to 350° and continue to bake for 30 minutes, or until thin knife inserted in center comes out clean.
6. Let cool, uncut, 5 to 10 minutes. Serve in wedges.

Yield: 6 Servings.

HAMBURGER AND NOODLES STROGANOFF

1/2 pkg. (4 oz.)	Uncooked Noodles
2 Tbsp.	Lo-Mo Chopped Onion
1/3 cup	Freeze-Dried Mushroom Slices
1/3 cup	Cooking Oil or Margarine
1/2 tsp.	Granulated Garlic
1 cup	Lo-Mo Beef-Style Granules
1 Tbsp.	Flour
1/2 cup	Lo-Mo Tomato Crystals , mixed well in 1 cup water
2 tsp.	Instant Beef Bouillon
1-1/3 cups	Hot Water
1/2 tsp.	Salt
	Pinch Pepper
2/3 cup	Reconstituted Lo-Mo Sour Cream

1. Cook noodles as directed on label, drain.
2. Presoak onion and mushrooms for 10 minutes; drain. Meanwhile, heat oil in large skillet; sauté onion, garlic and mushrooms over medium heat until onion is golden brown—about 5 minutes.
3. Reconstitute granules according to label directions; drain off excess liquid. Dissolve bouillon in hot water.
4. Remove skillet from heat. Stir in flour, granules, tomato sauce, bouillon broth, salt and pepper.
5. Simmer 10 minutes, stirring occasionally. Blend in sour cream.
6. Preheat oven to 350° F. In lightly greased 2-quart casserole, layer a third of the noodles, then a third of the meat mixture. Repeat twice.
7. Bake, uncovered, 15 minutes.

Yield: 4 Servings



For **Additional Variety** check current can labels of appropriate **Lo-Mo** products.



CASSEROLES

Submitted by: Kathleen Davies
College, Alaska

HIKER'S TUNA CASSEROLE

6 Tbsp.	Lo-Mo Green Peas
1 tsp.	Lo-Mo Celery Flakes
2 Tbsp.	Lo-Mo Minced Onion
2 cups (8 oz. pkg.)	Uncooked Elbow Macaroni
2 cans (6-1/2 oz. size)	Chunk-Style Tuna, drained
1/4 cup	Slivered Ripe Olives (optional)
3 Tbsp.	Cooking Oil or Margarine
1/4 cup	Flour
2 tsp.	Instant Chicken Bouillon
1/8 tsp.	Pepper
2-1/2 cups	Reconstituted Lo-Mo Milk
1/2 cup	Dried Bread Crumbs

1. Presoak peas, celery and onion separately until ready for use; drain.
2. Cook macaroni, without seasoning, according to label directions; drain.
3. Preheat oven to 350° F. In 2-quart casserole, toss macaroni with tuna and olives; mix well.
4. Heat oil in medium saucepan; sauté onion until golden. Remove from heat. Add flour, bouillon and pepper, stirring until dissolved. Add peas, celery and milk; continue to stir over medium heat until sauce thickens.
5. Pour over tuna mixture; mix well.
6. Sprinkle bread crumbs over top. Bake 20 to 25 minutes, or until golden brown and bubbly.

Yield: 6 to 8 Servings.

Submitted by: Alice G. Jones
Weaverville, California

MACARONI AND CHEESE DELUXE

2 cups (8 oz. pkg.)	Uncooked Elbow Macaroni
2 cups	Cheese Sauce (recipe, page 68)
1/4 tsp.	Pepper

1. Cook macaroni, without seasoning, according to label directions; drain.
2. Prepare cheese sauce; add pepper.
3. Pour sauce over macaroni; beat 2 to 3 minutes to thicken.

Yield: 6 to 8 Servings

Submitted by: Carol McKinney
Price, Utah

GROUND BEEF-STYLE CASSEROLE WITH TOMATO SAUCE

1/4 cup	Lo-Mo Chopped Onion
1/2 cup (approx. 1/4 oz.)	Freeze-Dried Mushrooms
3 Tbsp.	Cooking Oil or Margarine
1 cup	Lo-Mo Beef-Style Granules
1 cup	Lo-Mo Tomato Crystals mixed well with 2 cups water
1 Tbsp.	Worcestershire Sauce
2 Tbsp.	Sugar
1 tsp.	Granulated Garlic
1 tsp.	Ground Oregano (optional)
1 tsp.	Chili Powder
1/4 tsp.	Pepper
1 Tbsp.	Lo-Mo Bacon-Flavored Bits
2 cups (8 oz. pkg.)	Uncooked Macaroni or Noodles
	Lo-Mo Cheddar Cheese Mix or Parmesan Cheese

1. Presoak onion and mushrooms for 10 minutes; drain. Sauté in cooking oil in large skillet.
2. Reconstitute granules according to label directions. Add to onion and mushrooms; simmer, covered, for 10 minutes.
3. Add tomato sauce, Worcestershire sauce, sugar, garlic, oregano, chili powder, pepper and bacon bits to beef mixture. Simmer, covered, for another 30 minutes.
4. Preheat oven to 350° F. Prepare macaroni according to label directions; drain and toss well into sauce. Place in lightly greased casserole dish. Sprinkle top with cheese.
5. Bake 10 to 15 minutes, or until cheese is melted.

Yield: 4 to 6 Servings

TASTY CASSEROLES

Submitted by: Mrs. C. L. Dolivier
Plymouth, Michigan

CHICKEN CHEESE STRATA

12 Slices	Day-Old White Bread
1 Tbsp.	Lo-Mo Minced Onion
2 cups	Medium Thick White Sauce (recipe, page 67)
1/4 cup	Lo-Mo Cheddar Cheese Mix
1/2 tsp.	Salt
	Pinch Pepper
1/2 tsp.	Paprika
1/4 tsp.	Dry Mustard
1/4 cup	Sifted Lo-Mo Powdered Whole Eggs
1/3 cup	Lo-Mo Chicken-Style Dices

1. Remove crusts from bread; arrange part of the slices on the bottom of a lightly greased 8x12" glass baking dish.
2. Presoak onion until ready to use; drain. Prepare white sauce; add onion, cheese, salt, pepper, half of the paprika and mustard to sauce. Stir until cheese is dissolved.
3. Preheat oven to 325° F. Reconstitute chicken dices according to label directions; drain. Rehydrate egg in 1/4 cup cold water; fold into sauce.
4. Cover the first layer of bread with half of the sauce and all of the chicken dices. Top with remaining bread slices and sauce. Sprinkle with other half of paprika.
5. Let stand for 15 minutes. Bake for 30 minutes, or until puffed and brown.

Yield: 6 Servings.

Submitted by: Mrs. Dennis Carlson
Hancock, Michigan

QUICK SPICY BAKED BEANS

2-1/2 cups	Lo-Mo Precooked Navy Beans
5 cups	Water
1/4 cup	Cooking Oil or Margarine
1 tsp.	Salt
1/4 tsp.	Dry Mustard
1/4 tsp.	Clove
2 Tbsp.	Lo-Mo Minced Onion
1/2 cup	Lo-Mo Bacon-Flavored Bits
1/2 cup	Raw or Brown Sugar, firmly packed

1. Preheat oven to 450° F.
2. Combine all ingredients in a 2-quart casserole.
3. Bake, uncovered, for 1 hour, or until sauce thickens. Stir several times during cooking.

Yield: 6 to 8 Servings

Submitted by: Lorena L. Webber
Anchorage, Alaska

HAM, RICE AND GREEN PEAS AU GRATIN

3-3/4 cups	Water
1 tsp.	Salt
1-1/2 cups	Uncooked White Rice
2 cans (1 oz. size)	Freeze-Dried Ham Dices
3/4 cup	Freeze-Dried Green Peas
2 tsp.	Lo-Mo Celery Flakes
	Pinch Pepper
1-1/2 Tbsp.	Lo-Mo Minced Onion
2 tsp.	Lo-Mo Parsley Flakes
2 Tbsp.	Cooking Oil or Margarine
1/4 cup	Lo-Mo Cheddar Cheese Mix

1. Bring water and salt to a boil; add rice, ham, peas, celery, onion, parsley, pepper and oil. Bring to a boil; reduce heat to low; continue to cook, covered, for about 20 minutes, or until rice is tender.
2. Preheat oven to 250° F. Transfer mixture to lightly greased glass casserole dish. If more moisture is needed, add small amount of water before baking. Rehydrate cheese to a thick sauce; pour over top.
3. Bake, covered, about 15 to 20 minutes. Check several times for moisture.

Yield: 6 Servings



For a **Deluxe Fruit Drink** dissolve **Lo-Mo Breakfast Drink** in chilled fruit juice.
Use about 1 tablespoon for each cup of juice.



CHICKEN POT PIE

Pastry for 9" double-crust pie
(refer to page 111 for recipe)

2/3 cup	Lo-Mo Chicken-Style Dices or 1 cup Freeze-dried Chicken Dices
3/4 cup	Lo-Mo Chicken-Style Gravy Mix
1/4 cup	Lo-Mo Carrot Dices
2 Tbsp.	Lo-Mo Celery Flakes
1/4 cup	Lo-Mo Green Peas
2 Tbsp.	Lo-Mo Chopped Onion
1/4 tsp.	Pepper
4 cups	Cold Water

1. Prepare pastry; keep refrigerated or in cool place until ready to use.
2. Reconstitute chicken according to label directions; drain off excess liquid. Combine chicken and remaining dry ingredients in large saucepan or kettle; add cold water. Stir over medium heat until gravy is smooth and thick. Add more water if mixture thickens too much.
3. Preheat oven to 400° F.
4. Roll 2/3 of pastry for bottom crust; fit into 9" deep-dish casserole, (about 1-quart). Fill with chicken mixture.
5. Roll remaining pastry to fit top of casserole, allowing an overhang all around. Turn edge under; seal to rim of casserole and crimp. Slash vents in top. Bake 35 to 45 minutes, or until crust has browned.

Yield: 4 Servings

SOUPS

FRENCH ONION SOUP

1/2 cup

2 Tbsp.

5 tsp.

1 tsp.

2

Lo-Mo Sliced Onion

Cooking Oil or Margarine

Instant Beef Bouillon

Worcestershire Sauce (optional)

Thin Slices French Bread

Parmesan Cheese or

Lo-Mo Cheddar Cheese Mix

1. Presoak onion for 10 minutes; drain. In covered large saucepan, cook onions in cooking oil over low heat about 30 minutes, stirring occasionally.
2. Dissolve bouillon in 4 cups hot water. Add bouillon broth and Worcestershire sauce to onion; heat to boiling. Reduce heat; cover and simmer about 30 minutes.
3. Place 1/2 slice toasted bread in each of 4 soup bowls; pour hot soup over bread and sprinkle with parmesan cheese.

Yield: 4 Servings (1 cup each)

ONION CHEESE SOUP

2 Tbsp.	Lo-Mo Chopped Onion
3 Tbsp.	Cooking Oil or Margarine
3 Tbsp.	Flour
1/2 tsp.	Salt
	Dash Pepper
4 cups	Reconstituted Lo-Mo Whole Milk
1/2 cup	Lo-Mo Cheddar Cheese Mix

1. Presoak onion for 10 minutes; drain. Heat oil in large saucepan over low heat; add onion and cook until tender. Blend in flour until smooth; add salt and pepper.
2. Remove from heat. Stir in milk; cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute.
3. Reduce heat; add cheese mix; stir until cheese is completely dissolved and soup is smooth.

Yield: 3 Servings (1 cup each)

CHICKEN-NOODLE SOUP

4 cups	Water
5 tsp.	Instant Chicken Bouillon
1-1/2 tsp.	Lo-Mo Parsley Flakes
1/2 tsp.	Onion Powder
1 cup	Uncooked Fine Noodles

In large saucepan, bring water to a boil; add bouillon, parsley, onion, and noodles; stir to combine. Reduce heat and simmer, covered, for about 15 minutes, or until noodles are tender.

Yield: 4 Servings (1 cup each)

NOTE:

If desired, a few **Lo-Mo Chicken-Style Granules** may be added during simmering time.

VARIATION:

Chicken-Rice Soup: Substitute 1/4 cup uncooked white rice for the noodles. Simmer, covered, 20 to 30 minutes, or until rice is tender.

VEGETABLE SOUP

1/3 to 1/2 cup	Lo-Mo Soup Blend
4 cups	Water
5 tsp.	Instant Beef Bouillon

In large saucepan, combine soup blend and water. Bring to a boil; add bouillon cubes. Reduce heat and simmer, covered, about 30 to 60 minutes. (Flavor improves with longer simmering time.) Serve at once or refrigerate until next day; reheat and serve.

Yield: 4 Servings (1 cup each)

VARIATIONS:

Barley-Vegetable Soup: Add 1/4 cup pearl barley with soup blend. Simmer, covered, about 2 hours, or until barley is tender. Add more water during cooking, if a thinner soup is desired.

Chicken-Flavored Vegetable Soup: Substitute chicken bouillon for beef bouillon.

NOTE:

Stew Blend can be substituted for Soup Blend.

CREAMY POTATO SOUP

3 cups	Water
2 Tbsp.	Lo-Mo Chopped Onion
2 Tbsp.	Lo-Mo Butter Mix , lightly packed
1/2 tsp.	Vinegar
1 Tbsp.	Lo-Mo Bacon-Flavored Bits (optional)
1 to 1-1/4 cups	Lo-Mo Potato Flakes
1 cup minus 1 Tbsp.	Evaporated Milk or Substitute (recipe page 12)
	Salt and Pepper

1. In large saucepan, bring water, onion, butter, vinegar and bacon bits to a boil; reduce heat and simmer, covered, for about 15 minutes, or until onion is tender.
2. Remove from heat; stir in potato flakes, using smaller amount if a thinner soup is desired. Gradually stir in evaporated milk; heat through. If desired, garnish each serving with paprika.

Yield: 4 Servings (1 cup each)

CREAM OF CELERY SOUP

1/2 cup	Lo-Mo Celery Flakes
1 Tbsp.	Lo-Mo Chopped Onion
3 cups	Thin White Sauce (recipe, page 67)
	Salt and Pepper

1. In large saucepan, bring celery, onion and 1 cup water to a boil; reduce heat and simmer, covered, about 20 minutes.
2. Stir in white sauce; heat through (a few extra minutes of cooking time at a low heat improves flavor.) Season to taste with salt and pepper.

Yield: 3 Servings (1 cup each)

Submitted by: Carol McKinney
Price, Utah

SPLIT PEA SOUP MODERNE

1 lb. (2-1/3 cups)	Split Peas
8 cups	Cold Water
2 Tbsp.	Cooking Oil or Margarine
1/2 cup	Lo-Mo Bacon-Flavored Bits
1/4 cup	Lo-Mo Chopped Onion
1/2 tsp.	Dried Thyme
2-1/2 tsp.	Salt
1/4 tsp.	Pepper
1/2 tsp.	Granulated Garlic
1	Bay Leaf

1. Wash peas. In large kettle or Dutch oven combine peas and water; bring to a boil. Reduce heat; simmer, covered, for 45 minutes.
2. Add remaining ingredients. Cook, covered, over low heat, stirring occasionally, about 1 hour. Add a little water if thinner soup is desired.
3. Remove bay leaf. Serve at once or refrigerate till next day; reheat and serve.

Yield: 8 Servings (1 cup each)

GERMAN LENTIL SOUP

1 lb. (2-1/3 cups)	Lentils
10 cups	Cold Water
3 Tbsp.	Cooking Oil or Margarine
1/2 cup	Lo-Mo Bacon-Flavored Bits
1/2 cup	Lo-Mo Onion Slices
1/4 cup	Lo-Mo Carrot Dices
1/2 cup	Lo-Mo Potato Shreds
2 Tbsp.	Lo-Mo Celery Flakes (optional)
4 tsp.	Salt
1/2 tsp.	Pepper
1/2 tsp.	Dried Thyme
1	Bay Leaf

1. Wash lentils. In water in Dutch oven, bring to a boil. Reduce heat; simmer, covered, 30 minutes.
2. Add remaining ingredients. Cook, covered, over low heat, stirring occasionally, about 1 hour. Add a little water if thinner soup is desired.
3. Remove bay leaf. Serve at once or refrigerate until next day; reheat and serve.

Yield: 12 Servings (1 cup each)

WHEAT CHOWDER

1/2 cup	Lo-Mo Carrot Dices
2 cups	Water
3 Tbsp.	Cooking Oil
2 Tbsp.	Lo-Mo Chopped or Minced Onion
2 Tbsp.	Lo-Mo Bacon-Flavored Bits
1 Tbsp.	Flour
2 cups	Cooked Whole Wheat (recipe, page 102)
1 tsp.	Salt
1/8 tsp.	Pepper
2 cups	Reconstituted Lo-Mo Milk
1 tsp.	Lo-Mo Parsley Flakes

1. Bring carrots and water to a boil; reduce heat and simmer, covered, for 10 minutes. Drain and reserve 1 cup liquid.
2. Cover onions with water; soak 10 to 15 minutes and drain. Heat oil in a large saucepan over medium heat. Sauté onion in oil until lightly browned.
3. Stir in flour; cook over low heat until mixture is smooth and bubbly.
4. Add cooked wheat, salt, pepper, milk, parsley and reserved liquid; mix until well blended. Heat through, stirring occasionally.

Yield: 4 to 6 Servings

Submitted by: Stephen G. Svendsen
Belmont, California

CORN CHOWDER

2-1/2 cups	Lo-Mo Sweet Corn
1/3 cup	Freeze-Dried Mushroom Slices
3 Tbsp.	Lo-Mo Chopped Onion
8 cups	Water
1/4 cup	Wheat Germ
1 cup + 2 Tbsp.	Lo-Mo Non-Dairy Creamer Mix
1/4 cup	Cooking Oil or Margarine
1/4 cup	Lo-Mo Bacon-Flavored Bits
2 tsp.	Salt
1/4 tsp.	Pepper
1/4 cup	Flour

1. In large kettle or saucepan, presoak corn, mushrooms and onion in water for several hours or overnight (to shorten cooking time).
2. Add wheat germ, creamer, oil, bacon, salt, and pepper. Bring to a boil; reduce heat and cook over low heat for 30 minutes.
3. Remove from heat; blend in flour. Continue to cook on low until soup thickens and corn is tender—about 15 minutes. Sprinkle each serving with parsley or paprika.

Yield: 8 Servings (1 cup each)

BEAN CHOWDER

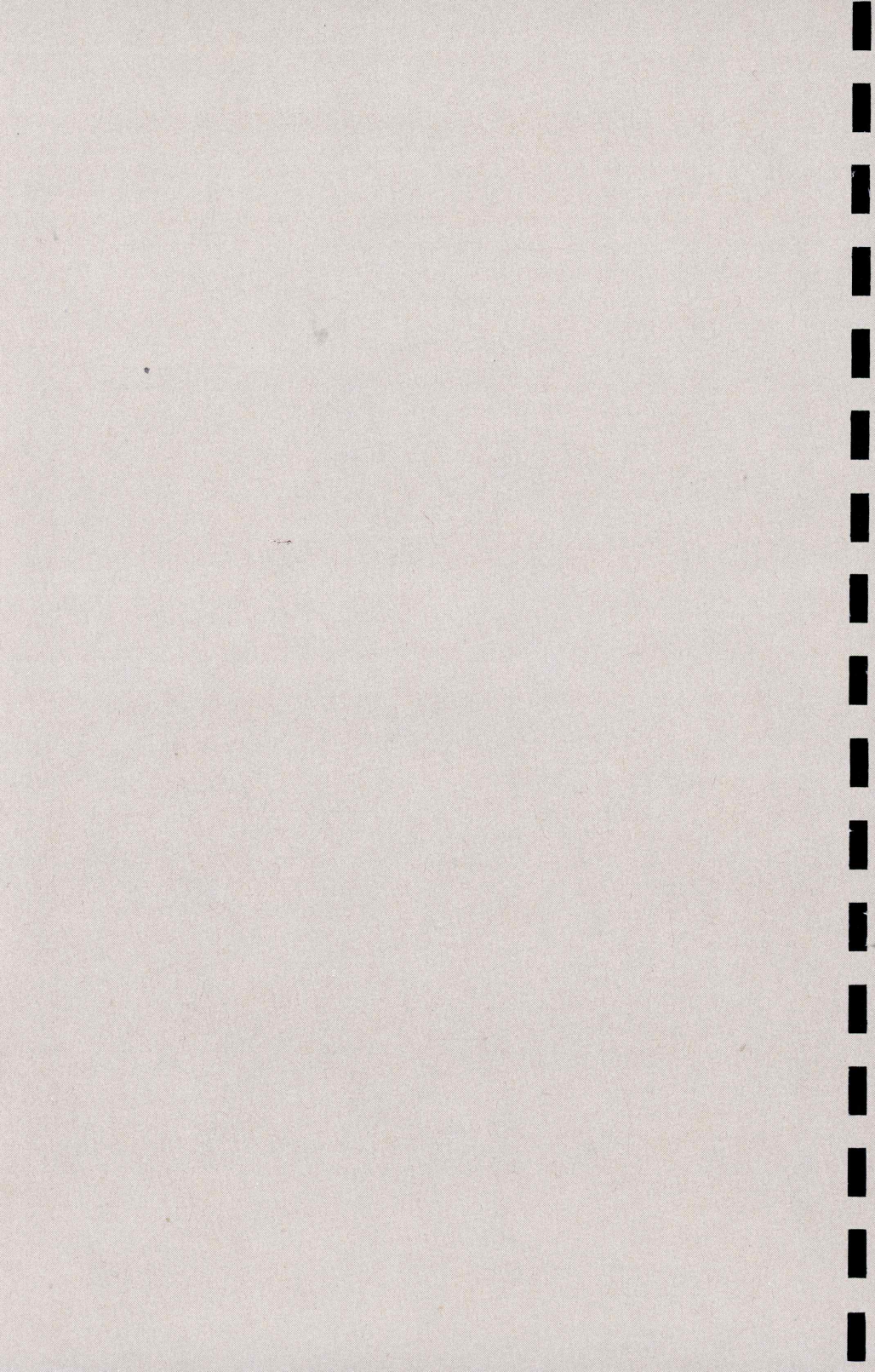
3/4 cup	Navy Beans
3 cups	Cold Water
3 Tbsp.	Lo-Mo Chopped Onion
1-1/2 tsp.	Flour
1/2 cup	Lo-Mo Tomato Crystals
3/4 cup	Lo-Mo Potato Dices
1 to 2 Tbsp.	Lo-Mo Bacon-Flavored Bits
	Salt, to taste
1-1/2 cups	Reconstituted Lo-Mo Milk

1. Wash beans. Cover with cold water and bring to a boil; drain. Cover again with 3 cups cold water. Bring to a boil; reduce heat and simmer, covered, about 4 to 6 hours, or until beans are tender. Add more water if necessary.
2. Add flour and tomato crystals to 3/4 cup cold water; stir until tomato crystals are reconstituted. Add tomato sauce, potatoes, bacon bits and salt to beans the last 15 minutes of cooking time; stir occasionally.
3. Stir in milk; heat through.

Yield: 4 to 6 Servings

COMPLIMENTARY DISHERS





VEGETABLES

HINTS

When **Cooking Vegetables** try adding 1/2 teaspoon sugar with the salt for each 4 to 6 servings. This adds a bit of flavor without sweetness.

Cook **Lo-Mo Fruits and Vegetables** in the same water used for presoaking to save water soluble vitamins and minerals.

The use of **Vegetable Bouillon** with water when cooking vegetables can add a distinctive flavor.

For **Additional Recipes** check current labels of cans of **Lo-Mo Vegetables**.

VEGETABLE BUTTER

1 tsp.	Lo-Mo Orange-Flavored Breakfast Drink
1 Tbsp.	Water
2 Tbsp.	Cooking Oil
2 Tbsp.	Lo-Mo Butter Mix , lightly packed
1/4 tsp.	Lo-Mo Chopped Parsley Flakes
	Dash Salt
4 Servings	Hot Cooked Green Vegetables

1. Dissolve breakfast drink in water in saucepan. Add oil, butter, parsley and salt. Heat over medium-low heat until well blended.
2. Pour over cooked, green vegetables.

Yield: 4 Servings

GLAZED CARROTS

1-1/2 cups	Lo-Mo Carrot Slices
3-1/2 cups	Water
2/3 cup	Raw or Brown Sugar, firmly packed
2 Tbsp.	Lo-Mo Butter Mix , lightly packed
1/2 tsp.	Salt

1. Bring carrots and water to a boil; reduce heat, cover and simmer for 25 minutes, or until carrots are almost tender. Drain.
2. Preheat oven to 375° F. Mix together sugar, butter and salt until thoroughly combined.
3. In an ungreased shallow baking pan, arrange carrots in two layers, sprinkling the first layer with half of the sugar mixture. Sprinkle top with remaining sugar mixture. Bake 15 to 20 minutes, or until carrots are glazed.

Yield: 4 to 5 Servings

CHEESE SCALLOPED CARROTS

1-1/2 cups

3-1/2 cups

3 Tbsp.

1/4 cup

1/4 - 1/2 tsp.

1/4 tsp.

1/4 - 1/2 tsp.

1/8 tsp.

1/4 cup

2 cups

1/4 cup

Lo-Mo Carrot Slices

Water

Lo-Mo Chopped Onions

Cooking Oil or Margarine

Celery Salt

Dry Mustard

Salt

Pepper

Flour

Reconstituted **Lo-Mo Milk**

Lo-Mo Cheddar Cheese Mix

Bread Crumbs

1. Bring carrots and water to a boil; reduce heat and simmer, covered, for 25 minutes, or until carrots are almost tender. Drain.
2. Presoak onion for 10 minutes; drain. Heat oil in saucepan over low heat; add onion and cook until tender.
3. Preheat oven to 325° F. Blend in flour until smooth; add celery salt, mustard, salt, pepper, milk and cheese. Cook over medium heat, stirring constantly, until mixture boils.
4. In lightly greased 1-quart casserole, arrange carrots in two layers, covering the first layer with half of the cheese sauce. Cover top with remaining cheese sauce. Top with bread crumbs. Bake, uncovered, for 15 minutes, or until heated through. Serve hot.

Yield: 5 Servings

HERBED CARROTS

1-1/4 cups

2-3/4 cups

1/4 cup

1/2 tsp.

1 tsp.

1 tsp.

1/4 tsp.

1/2 tsp.

1/4 tsp.

1 Tbsp.

Lo-Mo Carrot Slices

Water

Cooking Oil or Margarine

Salt

Dried Sweet Basil

Lo-Mo Parsley Flakes

Granulated Garlic

Dried Thyme

Celery Salt

Reconstituted Lemon Juice

1. Bring carrots and water to a boil; reduce heat, cover and simmer for 25 minutes, or until carrots are tender. Drain.
2. Meanwhile, heat oil in saucepan; add salt, basil, parsley, garlic, thyme and celery salt. Simmer, covered, 10 minutes. Remove from heat; stir in lemon juice. Pour over hot carrots; toss mixture gently.

Yield: 4 Servings

Submitted by: Mrs. C. L. Dolivier
Plymouth, Michigan

HARVARD CARROTS

1 cup	Lo-Mo Sliced Carrots
2- 1/4 cups	Water
2/3 cup	Sugar
4 tsp.	Cornstarch
2 tsp.	Salt
	Pinch Pepper
3 tsp.	Monosodium Glutamate
2 Tbsp.	Margarine
2 Tbsp.	Vinegar

1. Bring carrots and water to a boil; reduce heat, cover and simmer for 25 minutes, or until carrots are tender. Drain and reserve liquid.
2. Combine sugar, cornstarch, salt, pepper, monosodium glutamate and 3/4 cup reserved liquid (or water) in medium saucepan. Cook over medium-low heat, stirring constantly, until mixture thickens and boils. Boil and stir for 2 minutes.
3. Remove from heat. Add margarine, vinegar and carrots; heat through.

Yield: 4 Servings

PIQUANT CARROTS

1 1/4 cups	Lo-Mo Carrot Slices
2 3/4 cups	Water
1 Tbsp.	Cornstarch
1 Tbsp.	Lo-Mo Orange-Flavored Breakfast Drink
1/4 tsp.	Salt
1/8 tsp.	Ground Nutmeg
2 Tbsp.	Lo-Mo Butter Mix , lightly packed

1. Bring carrots and water to a boil; reduce heat, cover and simmer for 25 minutes, or until carrots are tender. Drain and reserve liquid. Pour into saucepan.
2. Mix together cornstarch, breakfast drink, salt and nutmeg; stir into 3/4 cup reserved liquid (or water). Add butter; bring to a boil, stirring constantly. Reduce heat to medium; continue to cook, stirring until mixture thickens and boils. Boil and stir for 1 minute.
3. Add carrots; heat through.

Yield: 4 Servings

PARSLEY-BUTTERED CARROTS

1-1/4 cup

2-3/4 cups

1/2 Tbsp.

2/3 cup

1/2 cup

1 tsp.

1/4 tsp.

1/8 tsp.

1 tsp.

Lo-Mo Carrot Slices

Water

Lo-Mo Minced Onion

Lo-Mo Butter Mix, lightly packed

Water

Sugar

Seasoned Salt, or 1/2 tsp. Salt

Pepper

Lo-Mo Parsley Flakes

1. Bring carrots and water to a boil; reduce heat, cover and simmer for 25 minutes, or until carrots are tender. Drain.
2. Presoak onion for 10 minutes; drain.
3. Combine butter, water, sugar, salt, pepper, parsley and onion in medium saucepan. Cook over medium heat, stirring constantly, until bubbly. Add carrots; reduce heat to simmer and heat through, turning occasionally to coat with butter sauce.

Yield: 4 Servings

Submitted by: Kathleen Davies
College, Alaska

SUMMIT GREEN BEANS

1 cup

2-1/2 cups

1/2 tsp.

1/2 tsp.

1 Tbsp.

1 Tbsp.

3/4 cup

3 Tbsp.

1/4 cup

Lo-Mo Green Beans

Water

Salt

Pinch Pepper

Sugar

Cooking Oil or Margarine

Flour

Reconstituted **Lo-Mo Whole Milk**

Lo-Mo Sour Cream Mix

Slivered Almonds (optional)

1. Bring beans and water to a boil; reduce heat and simmer, covered, for 25 minutes, or until beans are tender. Drain.
2. Heat oil in saucepan over low heat; blend in flour until smooth. Add salt, pepper, sugar and milk. Cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute.
3. Add sour cream mix, almonds and beans; simmer about 10 minutes, stirring frequently.

Yield: 4 Servings

GREEN BEANS WITH HERB SAUCE

1 cup	Lo-Mo Green Beans
2-1/2 cups	Water
1-1/2 Tbsp.	Lo-Mo Minced Onion
2 Tbsp.	Lo-Mo Celery Flakes
1/4 cup	Cooking Oil or Margarine
1/4 tsp.	Granulated Garlic
1 Tbsp.	Lo-Mo Parsley Flakes
1/4 tsp.	Dried Rosemary
1/4 tsp.	Dried Sweet Basil
1/2 tsp.	Salt

1. Bring beans and water to a boil; reduce heat, cover and simmer for 25 minutes, or until beans are tender.
2. Meanwhile, presoak onion and celery for 10 minutes; drain. Heat oil in saucepan over low heat; saute onion, garlic and celery until onion is tender. Add parsley, rosemary, basil and salt. Simmer, covered, for 10 minutes. Toss well with beans.

Yield: 4 Servings

Submitted by: Erma Henderson
Fremont, California

BEANS 'N' BACON BITS

1 cup	Lo-Mo Green Beans
2-1/2 cups	Water
2 Tbsp.	Lo-Mo Chopped Onion
1/4 cup	Lo-Mo Bacon-Flavored Bits
2 - 4 Tbsp.	Cooking Oil or Margarine

1. Bring beans and water to a boil; reduce heat. Cover and simmer for 25 minutes, or until beans are tender. Drain.
2. Meanwhile, presoak onion for 10 minutes; drain. Heat oil in skillet over low heat; saute onion until tender.
3. Add beans and bacon bits; simmer, covered, for 10 to 15 minutes. Season as desired.

Yield: 4 Servings

Submitted by: Jean Mortensen
Salt Lake City, Utah

REFRIED BEANS

2 cups	Dried Pinto Beans
4 cups	Cold Water
	Salt and Pepper
2 - 4 Tbsp.	Lo-Mo Bacon-Flavored Bits , if desired

1. Wash beans. Cover with cold water and bring to a boil; drain. Cover again with 4 cups cold water. Add salt and pepper to taste. Bring to a boil; reduce heat, cover and simmer until tender but not mushy—about four to 6 hours. (If necessary, add a little more water during simmering to keep beans covered.) Add bacon bits the last 10 minutes of cooking time.
2. Beat beans with electric mixer or potato masher.
3. Heat 2 tablespoons cooking oil in large skillet; add beans and heat through. OR omit oil and heat in moderate oven.

Yield: About 6 Cups—8 to 12 Servings

VARIATIONS:

Tostados: Spread beans over crisp corn tortillas. Add **Lo-Mo Cheddar Cheese Mix** and presoaked and drained **Lo-Mo Chopped Onion**.

Burritos: Spread refried beans on flour tortilla. Add **Lo-Mo cheddar cheese mix**, presoaked and drained **Lo-Mo chopped onion**, and chili sauce or hot sauce. Roll tortilla and fold ends.

PEAS CONTINENTAL

1 cup	Lo-Mo Green Peas
3 cups	Water
2/3 cup	Freeze-Dried Mushroom Slices
1 Tbsp.	Lo-Mo Minced Onion
1/4 tsp.	Salt
	Pinch Pepper
1/4 tsp.	Ground Nutmeg
1/8 tsp.	Ground Marjoram

1. Combine peas and water. Bring to a boil; reduce heat. Cover and simmer for 25 minutes or until tender. Drain.
2. Presoak mushrooms and onion for 10 minutes, or until ready to use; drain. Heat oil in skillet over low heat; sauté onion and mushrooms until tender. Add salt, pepper, nutmeg, marjoram and peas; heat through.

Yield: 4 Servings

CREAMED PEAS

1 cup	Lo-Mo Green Peas
3 cups	Water
1 Tbsp.	Lo-Mo Minced Onion
2 Tbsp.	Cooking Oil or Margarine
2 Tbsp.	Flour
1 tsp.	Salt
1/8 tsp.	Pepper
2 cups	Reconstituted Lo-Mo Whole Milk

1. Combine peas and water. Bring to a boil; reduce heat. Cover and simmer for 25 minutes or until tender. Drain.
2. Presoak onion for 10 minutes; drain. Heat oil in medium saucepan over low heat; saute onion until tender. Blend in flour until smooth; add salt, pepper, and milk. Cook over medium heat, stirring constantly until mixture boils. Boil and stir 1 minute.
3. Stir peas into sauce; heat through. Serve hot.

Yield: 4 to 6 Servings

VARIATIONS:

Vegetables in Cheese Sauce: Stir in 1/4 cup **Lo-Mo Cheddar Cheese Mix** with milk.

HERBED PEAS

1 cup	Lo-Mo Green Peas
3 cups	Water
1 Tbsp.	Lo-Mo Chopped Onion
2 Tbsp.	Cooking Oil or Margarine
1/2 tsp.	Sugar
1/2 tsp.	Salt
1/8 tsp.	Pepper
1/4 tsp.	Dried Sweet Basil
1 tsp.	Lo-Mo Parsley Flakes
1/4 cup	Water

1. Combine peas and water. Bring to a boil; reduce heat. Cover and simmer for 25 minutes or until tender. Drain.
2. Presoak onion for 10 minutes; drain. Heat oil in medium saucepan over low heat; sauté onion until tender; add peas. When peas come to a boil, add remaining ingredients. Simmer, covered, for 10 minutes.

Yield: 4 Servings

CREAMED CORN

3/4 cup	Lo-Mo Sweet Corn
2-1/4 cups	Water
1 Tbsp.	Lo-Mo Minced Onion
2 Tbsp.	Cooking Oil or Margarine
2 Tbsp.	Flour
1 tsp.	Salt
1/8 tsp.	Pepper
2 cups	Reconstituted Lo-Mo Whole Milk

1. Soak corn in water overnight. Next day, cover and simmer 10 to 20 minutes or until tender. Drain. OR during preparation time, bring corn and water to a boil; reduce heat. Cover and simmer for 30 to 40 minutes or until tender. Drain.
2. Presoak onion for 10 minutes; drain. Heat oil in medium saucepan over low heat; sauté onion until tender. Blend in flour until smooth; add salt, pepper and milk. Cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute.
3. Stir corn into sauce; heat through.

Yield: 4 to 6 Servings

WESTERN-BAKED SOYBEANS

1/2 cup	Lo-Mo Celery Flakes
1 tsp.	Lo-Mo Chopped Onion
1/2 tsp.	Lo-Mo Green Pepper Dices
3 Tbsp.	Cooking Oil or Margarine
2 Tbsp.	Flour
2 cups	Reconstituted Lo-Mo Whole Milk
2 tsp.	Salt
2 cups	Soybeans, cooked and chopped
1/4 cup	Lo-Mo Bacon-Flavored Bits
1/2 cup	Fine Bread Crumbs
1/2 tsp.	Paprika

1. Presoak celery, onion and green pepper for 10 minutes; drain.
2. Heat oil in medium saucepan over low heat; add celery, onion and green pepper. Cook, stirring occasionally, for 5 minutes.
3. Preheat oven to 350° F. Blend together flour, milk and salt; add to celery mixture; cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute. Stir in soybeans and bacon-flavored bits. Pour into 1-1/2-quart casserole. Cover with crumbs; sprinkle with paprika. Bake, uncovered, for 30 minutes.

CREAMED SPINACH

3 cups	Lo-Mo Spinach Flakes
3 cups	Water
1 Tbsp.	Lo-Mo Minced Onion
2 Tbsp.	Cooking Oil or Margarine
2 Tbsp.	Flour
1 tsp.	Salt
1/8 tsp.	Pepper
2 cups	Reconstituted Lo-Mo Whole Milk

1. Bring spinach and water to a boil for 3 minutes; drain.
2. Presoak onion for 10 minutes; drain. Heat oil in medium saucepan over low heat; saute onion until tender. Blend in flour until smooth. Add salt, pepper and milk. Cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute.
3. Stir spinach into sauce; heat through.

Yield: 4 to 6 Servings

Submitted by: Miriam Cameron
Rialto, California

DEVEILED POTATOES

1/4 cup	Lo-Mo Minced Onion
3 cups	Prepared Lo-Mo Mashed Potatoes
1/4 tsp.	Granulated Garlic
1/2 tsp.	Salt
1/2 tsp.	Dry Mustard
1/4 tsp.	Pepper
1/8 tsp.	Tabasco Sauce
3-1/2 Tbsp.	Lo-Mo Cheddar Cheese Mix
1/4 tsp.	Paprika

1. Preheat oven to 350° F.
2. Presoak onion for 10 minutes, or until ready to use; drain.
3. Prepare potatoes according to package directions.
4. Add onion, garlic, salt, mustard, pepper, tabasco sauce and 1/2 tablespoon cheese to potatoes; mix well. Spoon into greased 1-quart casserole.
5. Rehydrate remaining cheese in 1 tablespoon warm water; stir until smooth. Spread over top of casserole. Sprinkle with paprika.
6. Bake, uncovered, 15 minutes.

Yield: 6 Servings

HASH BROWNS

1-3/4 cups

2-1/2 cups

3 Tbsp.

1-1/2 tsp.

1/4 tsp.

Lo-Mo Shredded Potatoes

Water

Cooking Oil or Vegetable Shortening

Salt

Pepper

1. Bring potatoes and water to a moderate boil for 10 minutes, or until most of liquid is absorbed.
2. Heat oil in large skillet; spread potatoes evenly over bottom. Add salt and pepper. Cook over low heat, turning frequently with wide spatula, about 20 minutes, or until potatoes are tender and brown. Add more cooking oil, if necessary, to prevent sticking.

Yield: 4 Servings

VARIATION

Potatoes Lyonnaise: Rehydrate 1/2 cup **Lo-Mo onion slices** for 10 minutes; drain. Add to skillet together with potatoes.

NOTE: For ease of browning, the last ten minutes of cooking time, sprinkle potatoes lightly with **Lo-Mo potato granules**. Turn potatoes; let brown on bottom side. Repeat process until brown on other side.

Submitted by: Erma Henderson
Fremont, California

POTATO BOATS

2 Tbsp.

4 cups

1/4 tsp.

1/4 tsp.

1/4 cup

1/4 cup

1/4 cup

Lo-Mo Minced Onion

Prepared **Lo-Mo Mashed Potatoes**

Salt

Pepper

Lo-Mo Butter Mix, lightly packed

Lo-Mo Cheddar Cheese Mix

Lo-Mo Bacon-Flavored Bits

Paprika (optional)

1. Preheat oven to 350° F.
2. Presoak onion for 10 minutes, or until ready to use; drain.
3. Prepare potatoes according to package directions.
4. Fold in onion, salt, pepper, butter, cheese and bacon bits. Gradually add more hot water if mixture seems too dry.
5. Use ready-made aluminum potato shells, or shape eight pieces of aluminum foil into boats; fill each with 1/2 cup potato mixture. Sprinkle tops with paprika. Bake for 15 to 20 minutes, or until lightly brown.

Yield: 8 Servings

OLD-TIME SCALLOPED POTATOES

3 cups	Boiling Water
2 cups	Lo-Mo Sliced Potatoes
3 Tbsp.	Lo-Mo Minced Onion
2 Tbsp.	Flour
1 tsp.	Salt
1/8 tsp.	Pepper
1/4 cup	Lo-Mo Butter Mix , lightly packed
3 cups	Reconstituted Lo-Mo Whole Milk
	Paprika (optional)

1. Pour boiling water over potatoes; let rehydrate 15 minutes. Drain.
2. Preheat oven to 375° F. In lightly greased 2-quart casserole, arrange potatoes in 2 layers, sprinkling the first layer with 2 tablespoons onion, 1 tablespoon flour, 1/2 teaspoon salt, a dash of pepper and 2 tablespoons butter. Sprinkle top with remaining onion, flour, salt, pepper and butter.
3. Heat milk just to scalding; pour over potatoes. (Baking dish should be no more than 3/4 full.) Sprinkle with paprika. Bake uncovered for 45 minutes or until potatoes are tender.
4. Let stand 5 to 10 minutes before serving.

Yield: 5 Servings

With Bacon-Flavored Bits: Sprinkle a few **Lo-Mo Bacon-Flavored Bits** between potato layers and over top, if desired.

POTATOES AU GRATIN

2 cups	Lo-Mo Sliced Potatoes
1/2 cup	Cheese Sauce Ingredients without water (see page 68)
1-1/2 tsp.	Lo-Mo Minced Onion
1/2 tsp.	Pepper
2 Tbsp.	Lo-Mo Butter Mix , lightly packed
2-3/4 cups	Boiling Water
	Lo-Mo Bacon-Flavored Bits

1. Preheat oven to 425° F. Combine potatoes, cheese sauce mix, onion salt, pepper and butter in 2-quart casserole.
2. Cover with boiling water; sprinkle top with bacon bits. Bake uncovered for 30 minutes, or until potatoes are tender. Add water during cooking if potatoes appear dry.
3. Let stand 5 to 10 minutes before serving.

Yield: 5 Servings



With many fruits and vegetables **Greater Volume Yield** results from overnight soaking, although food value remains unchanged, of course.

POTATOES O'BRIEN

1-3/4 cups

1/4 cup

1/4 cup

3 cups

1/4 cup

1 tsp.

1/4 tsp.

Lo-Mo Diced Potatoes

**Lo-Mo Red and Green Bell Pepper
Dices**

Lo-Mo Chopped Onion

Water

Cooking Oil or Vegetable Shortening

Salt

Pepper

1. Combine potatoes, green pepper, onion and water. Soak overnight in refrigerator; drain off excess liquid when ready to use. Or during preparation time, bring to a moderate boil for 10 minutes or until most of liquid is absorbed.
2. Heat oil in large skillet. Spread potato mixture evenly over bottom; add salt and pepper. Cover and cook over medium-low heat, turning frequently, about 25 minutes, or until potatoes are tender and brown. Add more cooking oil if necessary to prevent sticking.

Yield: 5 Servings

NOTE:

For ease of browning, the last ten minutes of cooking time, sprinkle potatoes lightly with **Lo-Mo Potato Granules**. Turn potatoes; let brown on bottom side. Repeat process until brown on other side.

SWEET POTATO CASSEROLE

1-3/4 cups

2-1/2 Tbsp.

1/4 cup

1/2 cup

1/2 tsp.

3/4 tsp.

1-3/4 cups + 2 Tbsp.

3/4 cup

Lo-Mo Yam Flakes

Sifted **Lo-Mo Powdered Whole Eggs**

Lo-Mo Butter Mix, lightly packed

Raw or Brown Sugar, firmly packed

Salt

Ground Nutmeg

Very Hot Water

Marshmallows, cut-up (see page 148)

1. Preheat oven to 350° F.
2. In large bowl, combine yam flakes, egg yolk, butter, brown sugar, salt, nutmeg and water. Beat with a wire whip or on medium speed of mixer until smooth and well blended.
3. Pour mixture into lightly greased 1-quart casserole; bake for 20 minutes. Remove from oven; top with marshmallows. Return to oven until marshmallows melt and turn a golden brown.

Yield: 4 to 6 Servings

MASHED SWEET POTATOES (YAMS)

2-1/4 cups	Lo-Mo Yam Flakes
2-1/4 cups	Boiling Water
4 - 6 Tbsp.	Raw or Brown Sugar, firmly packed
1/2 tsp.	Salt
6 Tbsp.	Lo-Mo Butter Mix , lightly packed
3 Tbsp.	Reconstituted Lo-Mo Whole Milk , heated

Combine all ingredients in medium bowl. Mix at low speed of mixer (or by hand with rotary beater or wire whip) until very light. If desired, sprinkle with clove or cinnamon.

Yield: 4 to 6 Servings

Submitted by: Mrs. Albert Molling
San Jose, California

CORN 'N' CABBAGE

2/3 cup	Lo-Mo Sweet Corn
3-2/3 cups	Water
1 cup	Lo-Mo Cabbage Flakes
1 tsp.	Salt
1/4 tsp.	Pepper
1/2 tsp.	Sugar
1/4 cup	Lo-Mo Bacon-Flavored Bits

1. Presoak corn in 1-2/3 cups water in medium saucepan for several hours or overnight.
2. Add the remaining 2 cups water, cabbage, salt, pepper, and sugar. Bring to a boil; reduce heat and cook, covered, over low heat for 25 minutes.
3. Add bacon bits and cook another 5 minutes, or until vegetables are tender.

Yield: 8 Servings

GALA BEETS

3/4 cups	Lo-Mo Diced Beets
3-1/2 cups	Water
1/4 cup	Lo-Mo Chopped Onion
2 Tbsp.	Lo-Mo Celery Flakes (optional)
	Salt

1. In medium saucepan, bring beets and water to a boil. Add remaining ingredients; reduce heat, cover and cook over medium-low heat (at a gentle boil) for 45 minutes, or until beets are tender.
2. Season with salt.

Yield: 5 Servings

VEGETABLE GO-TOGETHERS

Cook **Lo-Moisture vegetables** separately and then serve them mixed together for added mealtime variety. Try the following:

Onions and green peas
Carrot slices and green lima beans
Diced carrots and green beans
Carrots and celery
Carrots and green peas
Green lima beans and corn
Corn and green peas
Mushrooms and green peas
Cabbage and corn
Green lima beans and mushrooms
Red beets and onions
Diced potatoes and green peas

FRUITS

For **Plumper, Bigger Fruit Slices** in pastries, soak fruit overnight. Adjust water to compensate for water absorbed during pre-soaking.



FRUIT GALAXY

1 cup	Lo-Mo Fruit Galaxy
2-1/2 cups	Water
1/4 cup	Sugar

1. Cover fruit with water in medium bowl. Place in refrigerator overnight. Before serving, stir in sugar. Or bring fruit, water and sugar to a boil. Reduce heat; cover and simmer for 5 to 10 minutes, or until fruit is tender.
2. Cool and serve.

Yield: 4 Servings

DATE NUGGETS

To reconstitute for making cookies, muffins, etc., pour 1 cup boiling water over 1 cup **Lo-Mo Date Nuggets**. Let stand five minutes. Drain off excess liquid and use. Makes 1 cup.

COOKED FIGS

1-1/4 cups
2-1/2 cups
1/4 cup

Lo-Mo Fig Slices
Water
Sugar
Reconstituted Lemon Juice (optional)

1. Bring figs, water and sugar to a boil. Reduce heat; cover and simmer for 25 minutes, or until figs are tender. Add more water if needed to keep fruit covered.
2. Add lemon juice as desired. Cool and serve.

Yield: 4 Servings

NOTE:

Cooked fruit and syrup may be allowed to stand overnight to improve plumpness.

STEWED PRUNES

1-1/4 cups
2-1/2 cups
1/4 cup

Lo-Mo Whole Pitted Prunes
Water
Sugar
Reconstituted Lemon Juice (optional)

1. Bring prunes, water and sugar to a boil in medium saucepan. Reduce heat; cover and simmer for 25 minutes, or until the prunes are tender. Add more water if needed to keep the fruit covered.
2. Add lemon juice, as desired. Cool and serve.

Yield: 4 Servings

NOTE:

Cooked fruit and syrup may be allowed to stand overnight to improve plumpness.

COOKED PEARS

1-1/4 cups
2-3/4 cups
1/4 cup

Lo-Mo Pear Slices
Water
Sugar
Reconstituted Lemon Juice (optional)

1. Bring pears, water and sugar to a boil in medium saucepan. Reduce heat; cover and simmer for 20 minutes, or until pears are tender. Add more water if needed to keep fruit covered.
2. Add lemon juice, as desired. Cool and Serve.

Yield: 4 Servings

COOKED APRICOTS

1-1/2 cups
2-1/2 cups
4 - 6 Tbsp.

Lo-Mo Apricot Slices
Water
Sugar
Reconstituted Lemon Juice
(optional)

1. Bring apricots, water and sugar to a boil in medium saucepan. Reduce heat; cover and simmer for 20 minutes or until apricots are tender. Add more water if needed to keep fruit covered.
2. Add lemon juice, as desired. Cool and serve.

Yield: 4 Servings

NOTE:

Cooked fruit and syrup may be allowed to stand overnight to improve plumpness.

APPLESAUCE

3/4 cup
2-1/2 cups
1/4 cup

Lo-Mo Apple Nuggets
Water
Sugar
Cinnamon

1. Bring apple nuggets, water and sugar to a boil in a medium saucepan. Reduce heat; cover and simmer for 10 to 15 minutes, or until apple nuggets are tender.
2. Add cinnamon, as desired.

Yield: 5 Servings

NOTE:

Cooked fruit and syrup may be allowed to stand overnight to improve plumpness.

COOKED PEACHES

1-1/2 cups
2-1/2 cups
4 - 6 Tbsp.

Lo-Mo Peach Slices
Water
Sugar
Reconstituted Lemon Juice
(optional)

1. Bring apricots, water and sugar to a boil in medium saucepan. Reduce heat; simmer, covered, for 20 minutes or until peaches are tender. Add more water if needed to keep fruit covered.
2. Add lemon juice, as desired. Cool and serve.

Yield: 4 Servings

Submitted by: Mrs. William C. Parrish
Alexandria, Louisiana

CURRIED FOUR FRUIT BAKE

1 cup	Lo-Mo Peach Slices
1 cup	Lo-Mo Apricot Slices
1 cup	Lo-Mo Whole Pitted Prunes
1 cup	Freeze-Dried Pineapple Tidbits
3/4 cup	Dark Brown or Raw Sugar, firmly packed
1/2 cup	Lo-Mo Butter Mix, lightly packed
1 tsp.	Curry Powder

1. In a large saucepan, bring fruits and 8 cups of water to a rapid boil. Reduce heat; cover and simmer for 25 to 30 minutes. Drain off excess liquid.
2. Meanwhile, mix sugar, butter and curry powder.
3. Preheat oven to 325° F. Arrange fruit in lightly greased, large casserole dish. Sprinkle sugar-butter mixture over top. Bake uncovered for 1 hour. Excellent served as a main dish accompaniment or as a dessert. Keeps well covered in refrigerator and may be reheated to serve with other hot foods.

Yield: 12 Servings

Submitted by: Mrs. Granville Beitzel
Palouse, Washington

CAMPER'S FRUIT DELIGHT

1-1/3 Tbsp.	Lo-Mo Lemon-Flavored Gelatin
2-2/3 Tbsp.	Small Pearl Tapioca
1/4 cup	Lo-Mo Seedless Grapes
1/3 cup	Lo-Mo Peach Slices
1/3 cup	Lo-Mo Apple Slices
1/3 cup	Lo-Mo Apricot Slices
1/2 cup	Sugar
2-1/2 cups	Cold Water

1. Combine above ingredients. Let soak for several hours or overnight.
2. Cook, covered, over medium-low heat, stirring frequently, for about 1 hour or until tapioca becomes transparent and syrup thickens. Serve warm with sweetened whipped topping.

Yield: 5 Servings

NOTE:

1-1/4 cups **Lo-Mo Fruit Galaxy** may be substituted for the **Lo-Mo Grapes, Peach Slices, Apple Slices** and **Apricot Slices**.

Submitted by: Erma Henderson
Fremont, California

SPICED FRUIT

1-1/4 cups	Lo-Mo Fruit Galaxy
2-1/2 cups	Water
1/2 cup	Sugar
1/4 tsp.	Cinnamon
1/4 tsp.	Allspice
6 - 7	Whole Cloves

Combine all ingredients in medium saucepan; bring to a boil. Reduce heat; cover and simmer about 30 minutes, or until tender. Serve warm.

Yield: 4 to 5 Servings



For **Additional Recipes** check current labels of cans of **Lo-Mo Fruits**.

SALADS & DRESSINGS

Submitted by: Mrs. Ned Lisonbee
Mesa, Arizona

SUNBURST FRUIT SALAD

1-1/4 cups	Lo-Mo Fruit Galaxy
3 cups	Water
1/2 cup + 2 Tbsp.	Lo-Mo Lemon Pudding & Pie Filling
1/2 cup	Marshmallows, cut into bite-size Pieces (recipe, page 148)
1-1/2 cups	Lo-Mo Whip Topping (reconstituted and whipped)

1. Several hours before mixing, soak Fruit Galaxy in water to reconstitute. Add extra water during rehydration if necessary. OR bring Fruit Galaxy and water to a boil; reduce heat, cover and simmer for 30 minutes, or until tender. Cool. Drain and reserve liquid. Add enough cold water to liquid to equal 2 cups.
2. Combine pudding and pie filling and reserved liquid; cook as directed on package label. Cool.
3. Add Fruit Galaxy and marshmallow to pudding; mix well.
4. Lightly sweeten whipped topping; fold into pudding mixture. Chill until set.

Yield: 6 Servings

Submitted by: Winnie R. Wold
Torrington, Wyoming

HAM AND RICE SALAD

3 cups	Cooked White Rice
1-1/2 cups	Lo-Mo Sour Cream Mix
3/4 cup	Warm Water
2 tsp.	Lo-Mo Minced Onion
1/2 cup	Lo-Mo Celery Flakes
1/2 tsp.	Salt
1/4 tsp.	Pepper
2 Tbsp.	Reconstituted Lemon Juice
2 tsp.	Prepared Mustard, or 1/2 tsp. Dry Mustard
1 cup	Freeze-Dried Ham Dices , or 3/4 cup Lo-Mo Ham-Style Dices

1. Cook rice as directed on page 105. Uncover and cool to room temperature.
2. Reconstitute sour cream mix in water; blend well. To sour cream dressing add onion, celery, salt, pepper, lemon juice and mustard. Mix well and chill.
3. Reconstitute ham for 10 minutes; drain. Add together with cooled rice to sour cream dressing mixture. Toss together lightly. Serve chilled.

Yield: 6 Servings

Submitted by: Mrs. Jay Cottle
Menan, Idaho

SUMMER FRUIT FLUFF

1 cup	Lo-Mo Fruit Galaxy
2-1/2 cups	Water
1/4 cup	Sugar
1/2 cup	Marshmallows, cut into bite-size pieces (recipe, page 148)
1/4 cup	Chopped Nuts (optional)
2 cups	Lo-Mo Whip Topping (reconstituted and whipped)

1. Several hours before mixing, soak Fruit Galaxy in water to reconstitute. Add extra water during rehydration, if necessary. OR bring Fruit Galaxy and water to a boil; reduce heat, cover and simmer for 30 minutes, or until tender. Cool; drain.
2. Add sugar, marshmallows and nuts to Fruit Galaxy; mix well.
3. Lightly sweeten whipped topping; fold into fruit mixture. Chill before serving.

Yield: 4 to 6 Servings

COLESLAW

1 cup	Lo-Mo Cabbage Flakes
3 cups	Water

Combine cabbage and cold water in large bowl; soak in refrigerator for several hours or until crisp; drain.

COLESLAW DRESSING

1/4 cup	Sugar
1/2 tsp.	Dry Mustard
1 tsp.	Salt
1 Tbsp.	Lo-Mo Minced Onion
1/3 cup	Vinegar
3/4 cup	Oil
1 tsp.	Celery Seed (optional)

1. Combine sugar, mustard, salt and onion. Add a little vinegar; beat.
2. Add oil, celery seed and remaining vinegar; beat until well blended.
3. Pour over drained cabbage and toss well. Cover; refrigerate at least three hours.

Yield: 4 to 6 Servings

COTTAGE CHEESE

2 cups	Lo-Mo Whole Milk
2 cups	Warm Water
	Salt, to taste

1. Mix ingredients together in blender, then allow to stand until firm clabber is formed. (This may take about 70 hours at room temperature. At 85° F, it will take about 50 hours.)
2. Add boiling water equal to the amount of clabber. Allow to stand 4 or 5 minutes, then gently pour off excess liquid and strain through cheese cloth or a colander.
3. Add about a gallon of boiling water to the curd and allow to stand until it is set and has body. Drain, and turn the curd into a bowl. Add salt (and cream, if available).

NOTE:

Make hard cheese by putting the cottage cheese in cheese cloth under a weight. When moisture is squeezed out, roll out thin slices between waxed paper.

APPLE SPLENDOR

1 cup	Boiling Water
7 Tbsp. (3 oz.)	Raspberry- or Cherry-Flavored Gelatin
1/2 cup	Lo-Mo Apple Nuggets
1-1/2 cups	Cold Water

1. Pour boiling water over gelatin in bowl, stirring until gelatin is dissolved.
2. Stir in apple nuggets and cold water. Chill until firm. Serve topped with sweetened whipped topping.

Yield: 4 to 6 Servings

Submitted by: Fay Sargent
Salt Lake City, Utah

HOMEMADE YOGURT

1 cup	Lo-Mo Powdered Whole Milk or
3/4 cup	Regular Nonfat Dry Milk
	Culture (Yogurt already made)

1. Add enough hot (not boiling) water to milk to equal 1 quart.
2. In a saucepan or kettle, heat milk to boiling point, stirring occasionally. Turn off heat; cool, stirring frequently. To test milk, insert little finger and count to ten. If milk feels warm at ten, it has cooled sufficiently.
3. Mix starter with 1/4 cup of the milk; stir to dissolve, then add to rest of milk in saucepan. Stir until well blended.
4. Cover saucepan with tight-fitting lid; set in a warm place (85° F.). Drain in muslin bag for 6 to 8 hours.

Yield: 2 to 3 Cups

HONEY SALAD DRESSING

1 tsp.	Paprika (optional)
1/2 tsp.	Dry Mustard
1/2 tsp.	Salt
1/2 tsp.	Celery Salt
1/2 cup	Honey
3 Tbsp.	Reconstituted Lemon Juice
1/4 cup	Vinegar
1 cup	Salad Oil

Mix together the paprika, mustard, salt and celery salt. Add the honey, lemon juice, and vinegar. Slowly add the salad oil, beating until well blended.

Yield: About 2 cups

SYRUPS, SPREADS, SAUCES & GRAVIES

Use Perma-Pak Lo-Mo Syrup Mixes or . . .

MAPLE SYRUP

2 cups	Granulated Sugar
1/4 cup	Raw or Brown Sugar, firmly packed
1 cup	Water
1 tsp.	Maple Flavoring
1 tsp.	Vanilla

1. Bring the sugars and water to a boil. Boil, stirring, for 1 minute.
2. Remove from heat and add flavoring.

FLAVORED APPLE NUGGET SPREAD

1/2 cup + 1 Tbsp.	Lo-Mo Cherry-, Raspberry-, or Blueberry- Flavored Apple Nuggets
	Pinch Salt
1 cup	Sugar
2 cups	Water
3 Tbsp.	Cornstarch
1/4 cup	Cold Water

1. In a saucepan, combine nuggets, salt, sugar and 2 cups water. Bring to a boil; reduce heat and simmer 2 to 3 minutes.
2. Combine cornstarch with 1/4 cup cold water; stir to suspend starch. Add to mixture. Cook over medium heat, stirring constantly, until almost clear and boiling. Boil and stir 1 minute.

Yield: 2-2/3 Cups

HINT:

"Flavored Apple Nugget Spread" may be put in electric blender and blended on low speed until the consistency of jam.

Try Fruit Flavored Apple Nuggets for delightful **Toppings, Jam Substitutes,** and **Pastry Fillings.**

CHEESE SPREAD

1/4 cup

Lo-Mo Cheddar Cheese Mix

1/4 cup

Lo-Mo Non-Fat Dry Milk

1. Combine cheese mix and powdered milk.
2. Add just enough water to make a spread. If too much water is added, let stand for 10 to 15 minutes.

VARIATION:

Add **Lo-Mo Bacon-Flavored Bits** as desired.

Yield: 1/4 cup

BASIC WHITE SAUCE

Thin—For vegetables and soups

1 Tbsp.

Cooking Oil or Margarine

1 Tbsp.

Flour

1/4 tsp.

Salt

1/8 tsp.

Pepper

1 cup

Reconstituted **Lo-Mo Whole Milk**

Medium— For creamed and scalloped foods

2 Tbsp.

Cooking Oil or Margarine

2 Tbsp.

Flour

1/4 tsp.

Salt

1/8 tsp.

Pepper

1 cup

Reconstituted **Lo-Mo Whole Milk**

Thick—For souffles and casseroles

1/4 cup

Cooking Oil or Margarine

1/4 cup

Flour

1/4 tsp.

Salt

1/8 tsp.

Pepper

1 cup

Reconstituted **Lo-Mo Whole Milk**

1. Heat oil in saucepan over low heat. Blend in flour, salt and pepper. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly.
2. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Yield: 1 cup

CHEDDAR CHEESE SAUCE

1/2 cup	Lo-Mo Cheddar Cheese Mix
1/4 cup	Lo-Mo Instant Non-fat Dry Milk
1-1/2 tsp.	Cornstarch
1/4 tsp.	Salt
1 tsp.	Lo-Mo Minced Onion
1 cup	Cold Water

1. In small saucepan, combine all ingredients.
2. Cook over medium heat, stirring constantly until mixture boils and is smooth. Boil and stir 1 minute.

Yield: 1-1/4 cups.

VARIATION: Add **Lo-Mo Minced Onion** to taste.

BASIC MAYONNAISE

2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
2-1/2 Tbsp.	Lukewarm Water
1/2 tsp.	Dry Mustard
1 tsp.	Salt
	Dash Cayenne Pepper
1 cup	Salad Oil
2 Tbsp.	Reconstituted Lemon Juice or Vinegar

1. In small bowl with portable electric mixer at medium speed, beat egg, water, mustard, salt, and cayenne pepper until thick and lemon-colored.
2. Add 1/4 cup oil, one drop at a time, beating until thick.
3. Gradually add 1 tablespoon lemon juice, beating after each addition. Then add 1/2 cup oil in a steady stream, beating constantly.
4. Slowly add remaining lemon juice and then remaining oil, beating constantly.
5. Refrigerate, covered, until ready to use.

Yield: 1-1/4 cups

TOMATO CATSUP

2 cups	Lo-Mo Tomato Crystals
1 tsp.	Pepper
1/3 cup	Vinegar
1/4 tsp.	Ground Cloves
1/2 tsp.	Salt
1/4 tsp.	Granulated Garlic
1/2 tsp.	Allspice
2-1/2 cups	Water

Combine all ingredients; mix until well blended. Add more water if too thick.

BASIC TOMATO SAUCE

1 cup	Water
1 Tbsp.	Brown or Raw Sugar
1 Tbsp.	Lo-Mo Minced Onion
1 Tbsp.	Wine or White Vinegar
1/2 tsp.	Salt
	Lo-Mo Tomato Crystals to desired thickness for a thin sauce to a thick paste.

Combine ingredients in small saucepan. Heat through, stirring occasionally. Adjust seasoning to taste.

Submitted by: Mr. D. A. Johnson
Granger, Utah

CHILI SAUCE

12 cups	Water
3 cups	Lo-Mo Tomato Crystals
1-1/2 cups	Lo-Mo Chopped Onion
1 cup	Lo-Mo Green Pepper Dices
3 cups	Vinegar
2 Tbsp.	Salt
1 cup	Sugar
1 Tbsp.	Allspice
1 Tbsp.	Cinnamon
1/2 Tbsp.	Cloves

1. Combine all ingredients.
2. Boil to desired consistency, approximately 2 to 4 hours.

Yield: Approximately 6 to 8 pints.



Tasty Gravies? For maximum convenience use **Lo-Mo "Just Add Water" Gravy Mixes** (or see page 70 for recipes).



BEEF-FLAVORED GRAVY

2 Tbsp.	Cooking Oil
1/2 tsp.	Lo-Mo Minced Onion
2 Tbsp.	Flour
2 tsp.	Instant Beef Bouillon, dissolved in 1 cup hot water
1 tsp.	Worcestershire Sauce (optional)
1/8 tsp.	Pepper

1. In small skillet, heat oil over medium-low heat; sauté onion until lightly browned.
2. Blend in flour until smooth and bubbly. Remove from heat. Stir in bouillon broth, Worcestershire sauce and pepper. Cook over medium heat, stirring constantly, until gravy thickens and boils. Reduce heat and simmer 5 minutes. Strain, if preferred.

Yield: About 3/4 cup

VARIATIONS:

Chicken-Flavored Gravy: Substitute chicken bouillon for beef bouillon; omit the Worcestershire sauce and add 1/4 teaspoon marjoram, if desired.

Mushroom Gravy: Presoak 1/3 cup **freeze-dried mushroom slices** for about 15 minutes; drain. Sauté with onions until lightly browned.

Creamy Gravy: Substitute reconstituted **Lo-Mo Milk** for half the liquid.

Thin Gravy: Decrease cooking oil to 1 tablespoon and flour to 1 tablespoon.

GRAVY SUPREME

1 pkg.	Lo-Mo Beef-flavored Dices with Minced Onion
2 Tbsp.	Cooking Oil
1 cup	Water
2 Tbsp.	Cooking Oil
1/4 cup	Flour
4 cubes	Beef Bouillon, dissolved in 1 3/4 cups hot water
2 tsp.	Worcestershire Sauce
1/4 tsp.	Pepper

1. In small saucepan, combine package of beef-flavored dices with onion with 2 tablespoons cooking oil and 1 cup water. Bring to a gentle boil for 10 minutes. Remove from heat and continue to rehydrate for 1 hour.
2. Heat 2 tablespoons cooking oil in medium skillet over medium-low heat. Blend in flour and brown, stirring constantly.
3. Remove from heat; stir in bouillon broth, Worcestershire, pepper and rehydrated beef-flavored dices and onion. Cook over medium heat, stirring constantly, until gravy thickens and boils. Boil and stir 1 minute. Reduce heat and simmer for 5 minutes. Serve hot over mashed potatoes or bread.

Yield: 2 1/2 Cups.

BEVERAGES

DRINKS

Milk or cocoa, various flavors of punch or breakfast drink will probably be the usual beverage. Here are a few possibilities for variations or special needs.

HOT SPICY GROG

1/2 cup	Lo-Mo Orange-Flavored Breakfast Drink
1/2 tsp.	Cinnamon
1/4 tsp.	Nutmeg
4 cups	Boiling Water

Dissolve orange breakfast drink, cinnamon and nutmeg in boiling water. Serve hot.

Yield: 8 Servings (about 1/2 cup each)

TOASTUM DRINK

2 to 3 tsp.	Crushed Parched Wheat (page 103)
1 cup	Water

A tasty and nutritious hot drink can be made by combining the desired quantity of the above ingredients; simmer and strain.

VARIATIONS: Add milk or cream, honey, nutmeg, sugar, etc.

HONEY COCOA

3/4 cup	Lo-Mo Non-Fat Dry Milk
3-3/4 cups	Water
4 Tbsp.	Lo-Mo Non-Dairy Creamer Mix
1/4 cup	Sifted Unsweetened Cocoa
1/8 tsp.	Salt
1/4 cup	Honey

Reconstitute milk in water and scald over medium-low heat. Mix together cocoa and salt; blend with 1/4 cup of the scalded milk. Add to remaining scalded milk; stir in honey. Heat through; mix with rotary beater before serving.

Yield: 4 to 5 Servings

VARIATION: Add cinnamon to taste.

DELUXE NOG

1 Tbsp.
3 Tbsp.
2 Tbsp. + 2 tsp.

Lo-Mo Orange-Flavored Breakfast Drink
Lo-Mo Non-Fat Dry Milk
Sifted Lo-Mo Powdered Whole Eggs
Ground Nutmeg

1. Combine dry ingredients.
2. Add 1 cup water. Beat with wire whip, rotary beater, or electric blender until well blended.
3. Sprinkle with nutmeg.

NOTE: Add sugar if more sweetness is desired.

PEANUTTY MILK DRINK

1 cup
3 Tbsp.
1/4 cup
2 Tbsp.
2 Tbsp.

Water
Lo-Mo Non-Fat Dry Milk
Lo-Mo Peanut Butter Mix
Lo-Mo Non-Dairy Creamer Mix
Sugar

1. Place water in bowl.
2. Mix dry ingredients together; add to water. Thoroughly blend using wire whip, rotary beater or electric blender.

Submitted By: Erma Henderson
Fremont, California

MPF BANANA DIET DRINK

3-1/2 cups
1-1/3 cups
1/2 cup
1/4 cup
1/4 cup
1 tsp.
1/4 cup

Water
Lo-Mo Instant Non-fat Dry Milk
Lo-Mo Multi-Purpose Food (MPF)
Lo-Mo Banana Flakes
Sugar
Vanilla
Lo-Mo Non-Dairy Creamer Mix

Measure all ingredients into blender; mix on medium speed until smooth. (Or beat all ingredients with rotary beater.) Serve cold or hot.

Yield: 4 Servings (about 1 cup each)

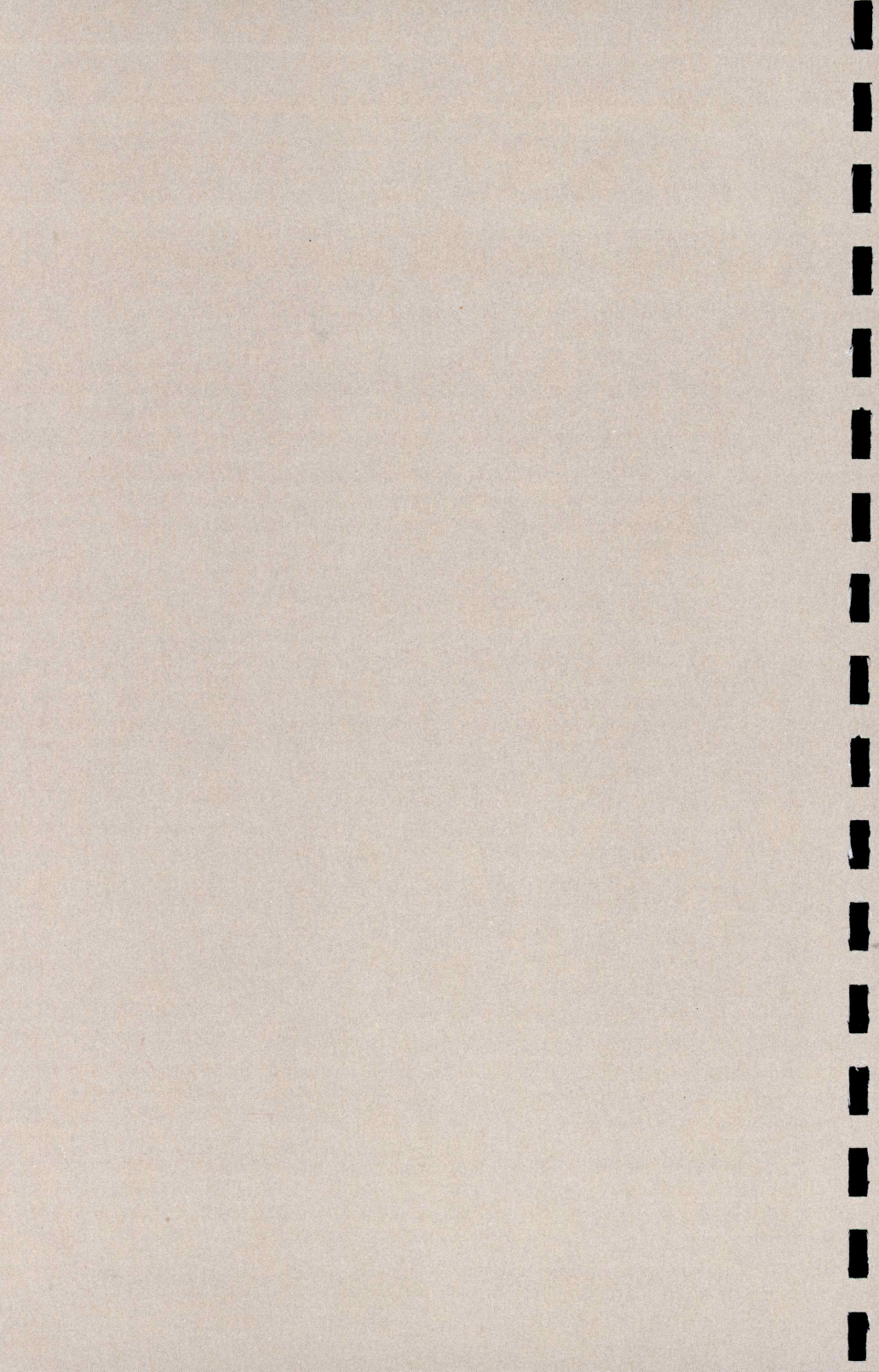
Suggestion: To increase the nutritive value, add 1/4 cup more Multi-Purpose Food.

VARIATION:

MPF Chocolate Diet Drink: Substitute 2 tablespoons plus 2 teaspoons sifted unsweetened cocoa for banana flakes. Double vanilla.

BREADS





PANCAKES & WAFFLES

SOUR MILK GRIDDLE CAKES

1 cup	Sifted All-Purpose Flour
1/2 tsp.	Salt
1/2 tsp.	Baking Soda
1 - 2 tsp.	Sugar
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
1 cup	Reconstituted Lo-Mo Powdered Milk (that has soured)†
1 Tbsp.	Cooking Oil or Melted Shortening

1. Sift flour with salt, soda, sugar and egg into medium bowl.
2. Mix sour milk, oil (if using melted shortening, temperature of milk should be such that it does not solidify shortening) and 2-1/2 tablespoons luke-warm (not hot) water; add to dry ingredients and beat only until combined. Batter should be lumpy.
3. Meanwhile, slowly heat griddle or heavy skillet. Slightly grease heated griddle, if necessary. To test temperature, drop a little cold water onto hot griddle; water should roll off in drops.
4. Use about 1/4 cup batter for each griddlecake; cook until cakes are puffed, bubbles form on the surface and edges become dry. Turn; cook 2 minutes longer, or until nicely browned on underside. Serve at once.

Yield: 8 (4-inch) Griddlecakes

†*To Sour Milk:* Place 1 tablespoon lemon juice or vinegar in measuring cup. Add milk to measure 1 cup. Let stand about 5 minutes before using.

VARIATIONS:

Sweet Milk Griddlecakes: Substitute sweet milk for sour. Omit soda and use 1-1/2 teaspoons baking powder.

Silver Dollar Griddlecakes: Pour batter by tablespoonfuls onto hot griddle to form small pancakes (about 2-inches in diameter). Makes 18.

Cornmeal Griddlecakes: Decrease flour to 1/2 cup and add 1/2 cup cornmeal.

Buckwheat Griddlecakes: Decrease flour to 1/2 cup and add 1/2 cup buckwheat flour.

ORANGE WHOLE WHEAT HOT CAKES

2 cups	Sifted Whole Wheat Flour
1/2 tsp.	Soda
1 tsp.	Salt
1/3 cup	Sifted White Flour
1/3 cup	Lukewarm Water
3/4 cup	Lo-Mo Powdered Shortening
	Reconstituted Lo-Mo Orange Flavored Breakfast Drink

1. Combine eggs with water and stir until blended.
2. Sift dry ingredients together.
3. Stir in egg mixture and add enough reconstituted Orange Flavored Breakfast Drink to make hot cake batter.

Submitted by: Mrs. Charles H. Stewart

APPLE-OATMEAL PANCAKES

1/4 cup	Sifted All-Purpose Flour
3/4 tsp.	Cinnamon
1/2 tsp.	Baking Soda
1/2 tsp.	Salt
1 - 2 tsp.	Sugar
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
3/4 cup	Rolled Oats
1-1/4 cups	Reconstituted Lo-Mo Powdered Milk (that has soured)†
1 Tbsp.	Cooking Oil or Melted Shortening
2 Tbsp.	Lo-Mo Apple Nuggets

1. Sift flour with cinnamon, soda, salt, sugar and egg in medium bowl. Add oatmeal, mixing well.
2. Mix sour milk, oil (if using melted shortening temperature of milk should be such that it does not solidify shortening), apple nuggets and 2-1/2 tablespoons lukewarm (not hot) water; add to dry ingredients and beat only until combined. Batter should be lumpy. Gradually add more milk if a thinner batter is desired.
3. Meanwhile, slowly heat griddle or heavy skillet; slightly grease. To test temperature, drop a little cold water onto hot griddle. Water should roll off in drops.
4. Use about 1/4 cup batter for each griddlecake; cook until cakes are puffed, bubbles form on the surface and edges become dry. Turn; cook 2 minutes longer, or until nicely browned on underside. *Note:* These pancakes have a tendency to want to stick to grill, but careful lifting with spatula does the trick.

Yield: 8 (4-inch) Pancakes

†*To Sour Milk:* Place 1 tablespoon lemon juice or vinegar in measuring cup. Add milk to measure 1-1/4 cups. Let stand about 5 minutes before using.

To Prepare Pancakes for Camping

Place the following ingredients in a plastic bag and seal tightly:

1-1/2 cups	Uncooked Quick-Cooking Oats
1/2 cup	Sifted All-Purpose Flour
1-1/2 tsp.	Cinnamon
1 tsp.	Soda
1 tsp.	Salt
2 - 4 tsp.	Sugar
2/3 cup	Lo-Mo Instant Powdered Milk
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1/4 cup	Lo-Mo Apple Nuggets

At the campsite add 2 cups plus 2 tablespoons water and 1 tablespoon lemon juice or vinegar to dry ingredients. Mix and cook as directed above.

Makes 16 to 18 (4-inch) pancakes.

POPULAR WAFFLES

2 cups	Sifted All-Purpose Flour
2 tsp.	Baking Powder
1 tsp.	Baking Soda
1/2 tsp.	Salt
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
2 cups	Reconstituted Lo-Mo Milk (that has soured)†
1/4 cup + 2 Tbsp.	Cooking Oil or Melted Shortening
1/3 cup	Lukewarm (not hot) Water

1. Preheat waffle iron. Sift flour with baking powder, soda, salt and egg in medium bowl.
2. Mix sour milk, oil (if using melted shortening, temperature of milk should be such that it does not solidify shortening) and water; add to dry ingredients and beat only until combined.
3. Slightly grease waffle iron, if necessary. For each waffle, pour batter into center of waffle iron until it spreads to 1 inch from edge.
4. Lower cover on batter; bake about 5 minutes, or until steaming stops. Do not raise cover during baking. Carefully loosen edge of waffle; remove. Serve hot.

Yield: 8 (7-inch) Waffles

†*To Sour Milk:* For each cup of milk, add 1 tablespoon vinegar or lemon juice and enough milk to make 1 cup. Let stand about 5 minutes before using.

Submitted by: Carol Morris
Payson, Arizona

DELUXE WAFFLES

1-3/4 cups	Sifted All-Purpose Flour
2 tsp.	Baking Powder
1 tsp.	Baking Soda
1/2 tsp.	Salt
1/2 cup	Sifted Lo-Mo Powdered Whole Eggs
1-1/2 cups	Reconstituted Lo-Mo Milk that has soured)†
1/2 cup	Cooking Oil or Melted Shortening
1/2 cup	Lukewarm (not hot) Water

1. Preheat waffle iron. Sift flour with baking powder, soda, salt and egg in medium bowl.
2. Mix sour milk, oil (if using melted shortening, temperature of milk should be such that it does not solidify shortening) and water; add to dry ingredients and beat only until combined.
3. Slightly grease waffle iron, if necessary. For each waffle, pour batter into center of waffle iron until it spreads to 1 inch from edge.
4. Lower cover on batter; bake about 5 minutes, or until steaming stops. Do not raise cover during baking. Carefully loosen edge of waffle; remove. Serve hot.

Yield: 8 (7-inch) Waffles

†*To Sour Milk:* For each cup of milk, add 1 tablespoon vinegar or lemon juice and enough milk to make 1 cup. Let stand about 5 minutes before using.

VARIATIONS:

Sweet Milk Waffles: Substitute sweet milk for sour milk. Omit soda and increase baking powder to 4 teaspoons.

Nut Waffles: Sprinkle 2 tablespoons coarsely chopped nuts over batter for each waffle as soon as it has been poured onto iron.

Western Waffles: Rehydrate 4 cups **Freeze-Dried Strawberries** in 4 cups water until tender—about 1 hour; drain excess liquid. Beat 2/3 cup **Lo-Mo Whipped Topping Mix** and 2 tablespoons granulated or powdered sugar as directed on package label. Top baked waffles with strawberries and whipped topping.

Pepper-Cheese Waffles: Follow recipe for "Popular Waffles" except mix 1/4 cup **Lo-Mo Cheddar Cheese Mix** and 1/2 teaspoon pepper into dry ingredients.

QUICK BREADS

BAKING POWDER BISCUITS

2 cups	Sifted All-Purpose Flour
1 Tbsp.	Baking Powder
1 tsp.	Salt
1 cup	Lo-Mo Shortening Mix , lightly packed
2/3 - 1 cup	Water

1. Preheat oven to 450° F. Sift flour with baking powder, salt and shortening into bowl.
2. Pour in 2/3 cup water all at once. Stir quickly round the bowl with a fork. If dough is not pliable, add a little more water to make a soft, easy-to-roll dough. (Too much water makes dough sticky; not enough makes biscuits dry.)
3. Turn out dough onto lightly floured surface. Knead lightly 20 to 25 times, about 1/2 minute. Roll 1/2 to 3/4 inch thick. Cut with floured biscuit cutter, cutting straight down into dough and being careful not to twist cutter.
4. Place on lightly greased baking sheet. Bake 10 to 12 minutes, or until golden brown.

Yield: 12 to 16 Biscuits

VARIATIONS:

Drop Biscuits: Increase water to 1 cup. Do not knead or roll out. Drop dough by tablespoonsful, onto lightly greased baking sheet; bake at 450° F. for 10 minutes, or until golden brown. Makes 20.

Herb Biscuits: Add 1-1/4 teaspoons caraway seed, 1/2 teaspoon crumbled leaf sage and 1/4 teaspoon dry mustard to flour mixture.

Onion Biscuits: Presoak 1-1/2 teaspoons **Lo-Mo Minced Onion** 10 minutes; drain. Add with water.

Cheese Biscuits: Add 3 to 4 tablespoons **Lo-Mo Cheddar Cheese Mix** to sifted dry ingredients.

Nut Biscuits: Add 1/2 cup finely chopped nuts to sifted dry ingredients.

50% WHOLE WHEAT BISCUITS

1 cup	Sifted Whole Wheat Flour
1 cup	Sifted All-Purpose Flour
1 Tbsp.	Baking Powder
1 tsp.	Salt
1 cup	Lo-Mo Shortening Mix , lightly packed
2/3 - 1 cup	Water

1. Preheat oven to 450° F. Sift flours with baking powder, salt and powdered shortening into bowl.
2. Pour in 2/3 cup water all at once. Stir quickly round the bowl with a fork. If dough is not pliable, add a little more water to make a soft, easy-to-roll dough. (Too much water makes dough sticky; not enough makes biscuits dry.)
3. Turn out dough onto lightly floured surface. Knead lightly 20 to 25 times, about 1/2 minute. Roll 1/2 to 3/4 inch thick. Cut with floured biscuit cutter, cutting straight down into dough and being careful not to twist cutter.
4. Place on lightly greased baking sheet. Bake 10 to 15 minutes, or until golden brown.

Yield: 12 to 16 Biscuits

CHEESE BREAD STICKS

1-3/4 cups	All-Purpose Flour
2 tsp.	Baking Powder
3/4 tsp.	Salt
2/3 cup	Lo-Mo Shortening Mix , lightly packed
1/2 cup	Lo-Mo Cheddar Cheese Mix
1/2 - 3/4 cup	Water
2 - 3 Tbsp.	Poppy Seeds (optional)

1. Preheat oven to 450° F. Sift flour, baking powder, salt, shortening and cheese into bowl.
2. Pour in 1/2 cup water all at once. Stir quickly round the bowl with a fork. If dough is not pliable, add a little more water to make a soft, easy-to-roll dough. (Too much water makes dough sticky; not enough makes it dry.)
3. Turn out dough onto lightly floured surface; knead lightly 20 to 25 times, about 1/2 minute.
4. Roll pieces of dough between palms of hands to form pencil-like shapes, about 4 to 5 inches long and 1/2 inch in diameter. Roll sticks in poppy seeds if desired.
5. Bake on lightly greased baking sheet for about 10 minutes.

Yield: About 24 sticks.

Submitted by: Mrs. Albert Molling
San Jose, California

FRITTER BATTER

1-1/3 cups	Sifted All-Purpose Flour
2 tsp.	Baking Powder
3/4 tsp.	Salt
1 tsp.	Sugar (optional)
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
2/3 cup	Reconstituted Lo-Mo Milk
1 Tbsp.	Cooking Oil or Melted Shortening

1. Sift together flour, baking powder, salt, sugar and egg.
2. Combine milk, cooking oil (if using melted shortening, temperature of milk should be such that it does not solidify shortening) and 2-1/2 table-spoons lukewarm (not hot) water.
3. Add liquid mixture to dry ingredients. Mix just until dry ingredients are moistened. Batter should be lumpy.
4. In deep skillet or deep-fat fryer, slowly heat cooking oil or shortening (at least 2 inches) to 375° F. Drop batter by large spoonfuls into hot fat, a few at a time. Fry fritters, turning once, until golden brown—about 3 to 4 minutes. Drain well on paper towel. Serve with warm maple syrup, or sprinkle with powdered sugar.

Yield: 12 Fritters, 4 Servings.

VARIATIONS:

Apple Fritters: Stir 1 cup rehydrated and drained **Lo-Mo Apple Nuggets** into fritter batter.

Corn Fritters: Stir 1 cup rehydrated and drained **Freeze-Dried** or **Lo-Mo corn** into fritter batter.

POPOVERS

2 cups	Sifted All-Purpose Flour
1 tsp.	Salt
2/3 cup	Sifted Lo-Mo Powdered Whole Eggs
2 cups	Reconstituted Lo-Mo Milk

1. Preheat oven to 450° F. Sift flour with salt and egg into medium bowl.
2. Add milk and 2/3 cup lukewarm (not hot) water; with rotary beater or spoon, beat just until smooth. Do not overbeat.
3. Grease 12 (5-oz.) custard cups or 16 medium muffin cups. Fill custard cups 1/2 full and muffin cups 3/4 full. Bake 25 minutes. Lower oven temperature to 350° F. and bake 15 to 20 minutes longer, or until deep golden brown. Popovers should be firm to the touch when removed from the oven. Immediately remove from pan. Serve hot.

Yield: 12 to 16 Popovers

CORN BREAD

1 cup	Sifted All-Purpose Flour
2 Tbsp.	Sugar
3 tsp.	Baking Powder
1/2 tsp.	Salt
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
3/4 cup	Lo-Mo Shortening Mix , lightly packed
2-1/4 tsp.	Lo-Mo Instant Nonfat Dry Milk , or 3
	teaspoons Instant Nonfat Dry Milk
1 cup	Yellow Cornmeal
1 cup + 1-1/2 tsp.	Lukewarm (not hot) water

1. Preheat oven to 425° F. Sift flour with sugar, baking powder, salt, egg, shortening and milk. Add cornmeal, mixing well.
2. Add water, all at once, to dry ingredients. Mix just until dry ingredients are moistened.
3. Spoon batter into a greased 8x8x2-inch baking pan. Bake 20 to 25 minutes, or until golden brown. To serve, cut into squares. Serve hot.

Yield: 9 Servings

VARIATIONS:

Corn Muffins: Prepare batter as directed above. Spoon batter into greased muffin cups (about 2 1/2-inch diameter), filling about 2/3 full. Bake 15 to 20 minutes, or until golden brown. Makes 12.

Cornsticks: Grease cornstick pans very well. Place in oven while preparing batter as directed above. Spoon batter into prepared pans, filling about 3/4 full; bake 10 to 15 minutes, or until golden brown. Makes about 14.

BOSTON BROWN BREAD

(Traditional with Baked Beans)

1 cup	Sifted All-Purpose Flour
1 tsp.	Baking Powder
1 tsp.	Baking Soda
1 tsp.	Salt
1 cup	Yellow Cornmeal
1 cup	Whole Wheat Flour
3/4 cup	Dark Molasses
2 cups	Reconstituted Lo-Mo Powdered Milk
	(that has soured)†
1 cup	Lo-Mo Seedless Grapes (optional)

1. Sift all-purpose flour with baking powder, soda and salt; stir in cornmeal and whole wheat flour. Add remaining ingredients; beat well, scraping bowl constantly.
2. Divide batter among four greased and floured 1-pound food cans or one 7-inch tube mold.
3. Place on rack in deep kettle or Dutch oven; pour in boiling water to 1-inch depth. Cover kettle. Keep water boiling over low heat to steam bread for 3 hours, or until wooden pick inserted in center comes out clean. (If it is necessary to add water during steaming, lift lid and quickly add boiling water.)
4. Uncover cans; place in very hot oven (450° F.) for 5 minutes. Immediately remove bread from cans. Serve hot, or cool thoroughly, wrap and store overnight.

Yield: 4 Loaves

†*To Sour Milk:* Place 2 tablespoons lemon juice or vinegar in measuring cup. Add milk to measure 2 cups. Let stand about 5 minutes before using.

GOLDEN PUFFS

2 cups	Sifted All-Purpose Flour
1/4 cup	Sugar
3 tsp.	Baking Powder
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
1 tsp.	Salt
1 tsp.	Nutmeg or Mace
1/4 cup	Cooking Oil
3/4 cup	Reconstituted Lo-Mo Milk
1/2 cup	Sugar
1 tsp.	Cinnamon

1. In deep-fat fryer or deep skillet, slowly heat cooking oil or shortening (3 to 4 inches) to 375° F. Sift flour with 1/4 cup sugar, baking powder, egg, salt and nutmeg into medium bowl.
2. Add oil, milk and 2-1/2 tablespoons lukewarm (not hot) water; beat until smooth.
3. Drop batter by teaspoonsful (too large puffs will not cook through) into hot fat. Fry four to five at a time about 3 minutes or until golden brown on both sides. Drain well.
4. Stir together 1/2 cup sugar and cinnamon. Roll warm puffs in sugar-cinnamon mixture.

Yield: 2-1/2 Dozen Puffs

POPULAR MUFFINS

2 cups	Sifted All-Purpose Flour
3 tsp.	Baking Powder
3/4 cup	Lo-Mo Shortening Mix , lightly packed
1/4 cup	Sugar
1 tsp.	Salt
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
1 cup	Water

SWEET MUFFINS

2 cups	Sifted All-Purpose Flour
2 tsp.	Baking Powder
1/2 cup	Sugar
1/2 tsp.	Salt
3/4 cup	Lo-Mo Shortening Mix , lightly packed
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
3/4 cup	Water

1. Preheat oven to 400° F. Sift together flour, baking powder, sugar, salt, shortening and egg.
2. Add water all at once to dry ingredients. Mix just until dry ingredients are moistened. Batter should be lumpy.
3. Drop batter into greased muffin cups (about 2-3/4 inches in diameter), filling each 2/3 full. Bake 20 to 25 minutes, or until golden brown. Immediately remove from pan.

Yield: 12 Muffins

VARIATIONS:

Apple Muffins: Add 1 cup rehydrated and drained **Lo-Mo Apple Nuggets** to ingredients; sift 1/2 teaspoon cinnamon with the flour. Bake 25 to 30 minutes.

Jelly Muffins: Fill muffin cups only 1/2 full; drop 1 teaspoon jelly in center of each and add batter to fill 2/3 full.

Cinnamon-Sugar Muffins: Combine 2 teaspoons cinnamon and 1/4 cup sugar, mixing well. Sprinkle about 1 teaspoon mixture on each muffin just before baking. Bake as directed.

Whole Wheat Muffins: Follow recipe for "Popular Muffins" except decrease flour to 1 cup and baking powder to 2 teaspoons; add 1 cup wheat flour.

Date Muffins: Add 1 cup rehydrated and drained **Lo-Mo Date Nuggets** to dry ingredients.

HARDTACK (UNLEAVENED BREAD)

1 cup	Water
4 Tbsp.	Vegetable Oil
2 Tbsp.	Honey or Brown or Raw Sugar
1 tsp.	Salt
1 cup	Yellow Corn Meal
2/3 cup	Unsifted Whole Wheat Flour

1. Preheat oven to 350° F.
2. Mix together water, oil, honey and salt. Add cornmeal and flour; beat well.
3. Shape dough or roll out about 1 inch thick (the thinner you roll it, the harder it will be). Place on greased baking sheet; bake 1 hour and 15 minutes. Bread may be sliced before it becomes hard and is stored.

Note: Unleavened bread will keep for months or years if allowed to dry, and then stored in air-tight container. Before using, soften bread by steaming or soaking in milk, cocoa, etc.

DUMPLINGS

1-1/2 cups	Sifted All-Purpose Flour
2 tsp.	Baking Powder
3/4 tsp.	Salt
1/2 cup + 1 Tbsp.	Lo-Mo Shortening Mix , lightly packed
1-3/4 tsp.	Lo-Mo Instant Nonfat Dry Milk , or 2-1/4 teaspoons Instant Nonfat Dry Milk
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
3/4 cup + 2-1/2 Tbsp.	Water

1. Sift flour with baking powder, salt, shortening, milk and egg.
2. Pour water all at once into flour mixture, mixing only until dry ingredients are moistened.
3. Drop batter by rounded tablespoonsful onto gently boiling stew in large Dutch oven or heavy skillet. Cook, uncovered, over low heat 10 minutes. Cover tightly; cook 10 minutes longer, or until dumplings are fluffy.

Yield: 8 to 10 Dumplings



The secret for good **Quick Breads** is to avoid overmixing. Handle only the very minimum. Overbeating or overmixing may cause toughness, uneven texture, and less attractive appearance.

Submitted by: Jean Mortensen
Salt Lake City, Utah

FLOUR TORTILLAS

4 cups	Flour
1-1/2 tsp.	Salt
1-1/2 cups	Lo-Mo Shortening Mix, lightly packed

1. Sift together flour and salt; blend in shortening.
2. Add enough lukewarm water to form a soft dough.
3. Turn onto a lightly floured board and knead a few minutes. Divide into 14 balls. Cover with a cloth and let rest about 20 minutes.
4. Roll the balls into flat pancakes. Cook in an ungreased skillet over medium heat. Turn once.
5. Place between warm, damp cloth until ready to serve.

Yield: 14 Tortillas

Submitted by: Carol McKinney
Price, Utah

MPF PATTIES ORIENTAL

1-1/2 cups	Water
1 Tbsp.	Lo-Mo Minced or Chopped Onion
1/2 cup	Lo-Mo Bacon-Flavored Bits
1/2 cup	Lo-Mo Multi-Purpose Food (MPF)
2 Tbsp. + 1 tsp.	Lo-Mo Regular Nonfat Dry Milk, or 3 tablespoons Instant Nonfat Dry Milk
1 cup minus 2 Tbsp.	Lo-Mo Mashed Potato Flakes
1 tsp.	Curry Powder
1/4 tsp.	Pepper
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
	Cooking Oil

1. In a small saucepan bring water, onion and bacon bits to a boil. Reduce heat and simmer, covered, for 10 minutes.
2. Meanwhile, mix MPF, milk, potato flakes, curry powder and pepper in medium bowl.
3. Rehydrate egg in 1/3 cup lukewarm (not hot) water; beat slightly. Add beaten egg and hot water mixture to dry ingredients; mix until well blended.
4. In large skillet, heat enough oil to cover bottom. Shape mixture into patties about 2-1/2 inches in diameter. Fry in hot oil over medium heat until brown on both sides. Add more oil if needed during frying since patties absorb it quickly and dry up. Serve hot. Delicious as a meat accompaniment, or by themselves as a snack.

Yield: 12 Patties (2-1/2-inch diameter)

YEAST BREADS

YEASTS AND SOURDOUGH

Because yeast is a living organism, it cannot be stored for long periods with the same predictable results that are obtained with most food stuffs processed the "Perma-Fresh" way. Under normal conditions, yeast will keep well for one to two years and more, and some people report excellent results after several years. Low temperatures, and even freezing, prolong the life of the yeast organism even more. Nonetheless, long-term storage of yeast is not as reliable (or necessary) as the storage of staple foods. In an emergency a yeast starter can be obtained from anyone with some active yeast, and it can then be maintained indefinitely for repeated uses and even provide starter for others. Alternately, one can prepare flour and water so that it will ferment with the natural yeasts that are in the air, ending up with a "wild yeast" or "sourdough" starter for perpetual use. Since there are many different types of yeast organisms, the quality of the yeast one might get from "wild yeast" can vary somewhat, but overall the results are satisfactory and often excellent.

Everlasting Yeast

1 Tbsp.
1/2 cup
2-1/2 cups
2 cups

Active Dry Yeast
Warm Water (100° to 115° F.)
Flour
Warm Water

1. In a glass or crockery bowl dissolve yeast in 1/2 cup warm water. Add flour and remaining 2 cups warm water; mix well. Allow to stand loosely covered for 3 to 5 days.
2. One cup can now be reserved for the starter and the remainder used for cooking. Keep the starter batter refrigerated and tightly covered until ready to use.

Wild Yeast or Sourdough

2 cups
2 cups
2 tsp.

Flour
Warm Water
Honey or Sugar

1. In a bottle or crock mix ingredients well. Keep uncovered and allow mixture to ferment about five days in a warm room. Mixture will begin to smell yeasty and small bubbles will appear. Aereating several times a day by stirring will speed activation. (Note: In winter there seem to be fewer yeast spores in the air and it is more difficult to get a good start, although once obtained, it can be easily maintained.)
2. One cup can now be reserved for the starter and the remainder used for cooking. Keep the starter batter refrigerated and tightly covered until ready to use.

Using the Basic Batter for Cooking

No precise formula can be given for substituting sourdough or everlasting yeast batter in recipes calling for yeast. Satisfactory results can be obtained within a wide latitude, and with some experimentation one can soon determine how much works best with his favorite recipes.

1. For a beginning try about four cups of sourdough batter in yeast bread recipes and 1/2 to 1-1/2 cups in pancakes and biscuits where the batter is replacing baking powder.
2. Remember the batter is approximately one half flour and one half water. With this in mind adjust the recipe according to how much starter is used.
3. Decide the day before how much starter will be required. Add to the starter equal parts of flour and warm water to total the amount of batter desired. Let stand in a warm place overnight or 10 to 12 hours. Reserve one cup for the starter and the remainder is ready for use.
4. If a tart sourdough flavor is not to your liking, a small amount of baking soda can be added to neutralize some of the acidity. Try 1/2 teaspoon per 1 to 2 cups of batter.

Hints for Maintaining the Starter Batter

1. Starter may be kept in the refrigerator indefinitely. After starters have finished fermenting, they will separate and a liquid will rise to the top. Sometimes a crusty material forms around the jar near the top. These can simply be stirred in.
2. For best results aereate starter frequently, some say daily, either by stirring, shaking or beating. While starter will not be bubbly at all times, the fermented smell indicates a good start.
3. Beating and feeding help keep the starter active. To feed a starter that has not been used for a while, activate it with 2 to 3 tablespoons of flour and an equal amount of warm water; stir.
4. If the batter smells particularly sour after some time, it may have become too tart for use. It can be freshened by adding a cup of warm water and a cup of flour, mixing thoroughly, and discarding all but one cup.
5. Starters may be frozen. For use, thaw 24 hours in refrigerator. One day before use, feed, beat, and leave in warm place to re-activate.
6. Never use a metal spoon for stirring starter, or store batter in a metal container. After a time the fermentation will react with the metal.

BASIC WHITE BREAD

2 cups	Water
3 Tbsp.	Sugar
1 Tbsp.	Salt
3/4 cup	Lo-Mo Shortening Mix , lightly packed
3 Tbsp. + 2 tsp.	Lo-Mo Regular Nonfat Dry Milk , or 5 tablespoons Instant Nonfat Dry Milk
1/4 cup	Warm Water (105°-115° F.)
2 Tbsp.	Active Dry Yeast
6-1/2 - 7 cups	Sifted All-Purpose Flour

1. In small saucepan, heat 2 cups water until very hot (but not boiling). Meanwhile, combine sugar, salt, shortening and dry milk. Stir into hot water. Let cool to lukewarm (a drop sprinkled on wrist will not feel warm).
2. Sprinkle yeast over 1/4 cup warm water in large bowl, stirring until dissolved. Stir in water mixture.
3. Add 1/2 of the flour; beat with wooden spoon until smooth. Gradually add enough remaining flour to make dough easy to handle.
4. Turn dough onto lightly floured surface. Cover with bowl; let rest 10 minutes. Knead by folding dough toward you, then pushing down and away from you with heel of hand. Do this twice, then give dough a quarter turn; repeat process. Continue to knead and turn 10 minutes, or until dough is smooth and elastic and blisters appear on surface.
5. Place in lightly greased large bowl; turn dough to bring up greased side. Cover with towel; let rise in warm place (85° F.), free from drafts, until double in bulk—about 1 hour. Dough is ready when impression remains. Punch down dough with fists; turn out onto lightly floured surface. Divide in half; shape each half into smooth ball. Cover with towel; let rest 10 minutes.
6. To shape loaf: Stretch or roll dough until it is about 27 inches long (3 times as long as pan in which it will be baked). Fold dough into thirds, from opposite direction, pressing with fingers to break any air pockets. Seal edge and ends of loaf by pinching together. Roll under palm of hand to smooth shape of loaf. Place seam side down in greased 9x5x3-inch pan. Lightly grease top surface. Cover with towel; let rise in warm place (85° F.), free from drafts, until double in bulk, or until sides of dough reach tops of pans—about 1 hour.
7. Preheat oven to 400° F. Bake loaves 40 to 50 minutes. Pans should not touch each other or sides of oven. Tops should be well browned and sound hollow when tapped. Remove from pans immediately; cool well, away from drafts.

Yield: Makes 2 Loaves

Note: If a lighter-color crust is desired, cover top of loaves with aluminum foil after bread has baked 25 minutes.

For **Lighter Breads** stir and knead the dough longer to develop the gluten better and make it more elastic.



SOURDOUGH BREAD

1-1/2 cups	Warm Water (105° to 115° F.)
1 Tbsp.	Active Dry Yeast
1 cup	Sourdough Starter (see pages 85-86)
5 - 6 cups	Unsifted All-Purpose Flour
2 tsp.	Sugar
2 tsp.	Salt
1/2 tsp.	Baking Soda

1. Sprinkle yeast over water in large bowl, stirring until dissolved. Blend in starter batter, sugar and salt.
2. Add 4 cups flour; beat vigorously 3 to 4 minutes.
3. Cover with towel; let rise in a warm place (85° F.), free from drafts, until double in bulk—about 1-1/2 hours.
4. Mix soda with 1 cup of remaining flour; stir into dough. Gradually add enough remaining flour to make stiff dough.
5. Turn out onto lightly floured surface; knead until smooth and satiny—about 10 minutes. Divide in half; cover and let rest 10 minutes.
6. Shape into 2 round or oval loaves. Place on lightly greased baking sheet. With sharp knife or scissors, make 4 diagonal slashes across top. Let rise in warm place (85° F.) until double in bulk—about 1-1/2 hours.
7. Preheat oven to 400° F. Place shallow pan of water on oven bottom. Before baking, brush loaves with cold water. Bake about 35 to 45 minutes, or until crust is a medium dark brown.

Yield: 2 Loaves

STREAMLINE BATTER BREAD

1-1/4 cups	Warm Water (105°-115° F.)
1 Tbsp.	Active Dry Yeast
6 Tbsp.	Lo-Mo Shortening Mix, lightly packed
2 Tbsp.	Sugar
2 tsp.	Salt
2-2/3 cup	Sifted All-Purpose Flour

1. Sprinkle yeast over water in large bowl, stirring until dissolved.
2. Add shortening, sugar, salt and 2 cups of the flour. Blend 1/2 minute on low speed of mixer, scraping bowl constantly. Beat 2 minutes on medium speed (or 300 vigorous strokes by hand), scraping bowl occasionally. Stir in remaining flour until smooth. Scrape batter from side of bowl. Cover; let rise in warm place (85° F.) until double in bulk—about 30 minutes.

3. Stir down batter by beating about 25 strokes. Separate evenly in greased loaf pan, 9x5x3 inches. Smooth out top of batter by patting in shape with floured hand. Cover; let rise until double—about 40 minutes.
4. Preheat oven to 370° F. Bake 45 minutes, or until loaf sounds hollow when tapped. Brush loaf lightly with margarine, cooking oil, shortening or lard. Remove loaf from pan; cool well, away from drafts.

VARIATIONS:

Onion Batter Bread: Add 2 to 3 tablespoons **Lo-Mo minced onion** to yeast-water mixture.

Garlic Batter Bread: Add 1/2 teaspoon garlic granules to yeast-water mixture.

Herb Batter Bread: Add 1 teaspoon caraway seed, 1/2 teaspoon nutmeg and 1/2 teaspoon sage to yeast-water mixture.

Poppy Seed Batter Bread: Add 2 tablespoons poppy seed to yeast-water mixture. After smoothing out top of loaf, sprinkle 1 tablespoon poppy seed over top.

FRENCH BREAD

2 cups	Warm Water (105°-115° F.)
1 Tbsp.	Active Dry Yeast
1 Tbsp.	Sugar
2 tsp.	Salt
5-1/2 - 6 cups	Sifted All-Purpose Flour
	Cornmeal

1. Sprinkle yeast over water in large bowl, stirring until dissolved. Add sugar, salt, and 3 cups flour; beat with wooden spoon until smooth and satiny. Gradually add enough remaining flour to make dough easy to handle.
2. Turn dough onto lightly floured board. Knead until it is smooth and elastic—about 10 minutes. Dough will be stiff.
3. Place in lightly greased large bowl; turn dough over to bring up greased side. Cover with towel; let rise in warm place (85° F.), free from drafts, until double in bulk—about 1-1/2 hours.
4. Lightly grease a large baking dish. Sprinkle with cornmeal.
5. Punch down dough; turn onto lightly floured surface. Divide in thirds; cover and let rest 5 minutes. Roll each into a 14x8-inch oblong. Beginning with wide side, roll tightly, as for jelly roll, tapering ends. Pinch edge to seal.
6. Place the 3 rolls, 3 inches apart, on prepared baking sheet. Brush each with cold water. With scissors or sharp knife, cut 4 diagonal slashes, 3/4 - 1 inch deep, across each loaf.
7. Let rise, uncovered, in warm place (85° F.), free from drafts, until double in bulk—about 1-1/2 hours.
8. Meanwhile, preheat oven to 400° F. Place shallow pan of water on oven bottom. Bake loaves 40 to 50 minutes, brushing with water every 20 minutes. Remove loaves onto wire rack, cool.

Yield: Makes 3 Loaves

TRADITIONAL ROLL DOUGH

3/4 cup + 2 Tbsp.	Water
1/4 cup	Sugar
1 tsp.	Salt
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
3/4 cup	Lo-Mo Shortening Mix , lightly packed
1/4 cup	Warm Water (105° - 115° F.)
1 Tbsp.	Active Dry Yeast
3-1/2 - 3-3/4 cups	Sifted All-Purpose Flour

1. In a small saucepan, heat water until very hot (but not boiling). Meanwhile, combine sugar, salt, egg, and shortening. Stir into hot water. Let cool to lukewarm (a drop on wrist will not feel warm).
2. Sprinkle yeast over 1/4 cup warm water in large bowl, stirring until dissolved. Stir in water mixture.
3. Add 1-1/2 cups flour; beat with wooden spoon until smooth. Gradually add enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface. Knead until dough is satiny and elastic and blisters appear on surface of bread.
4. Place in lightly greased large bowl; turn dough over to bring up greased side; cover with towel and let rise in warm place (85° F.), free from drafts, until double in bulk—about 1 to 1-1/2 hours. Dough is ready when impression remains. Punch down dough with fist. Turn out onto lightly floured surface; knead 10 to 15 times; divide in half. Use half the dough in each of the variations. Let rise 20 minutes before baking.
5. Preheat oven to 400° F. Bake rolls 15 to 20 minutes.

VARIATIONS:

Casseroles: Shape bits of dough into 1-inch balls. Place in greased, round loaf pan, 9x1-1/2 inches. Lightly grease tops. Makes 3 dozen rolls.

Cloverleaves: Shape bits of dough into 1-inch balls. Place 3 balls in each greased muffin cup. Lightly grease tops. Makes 12 rolls.

Crescents: Roll dough into 12-inch circles, about 1/4 inch thick. Lightly grease surface of circle. Cut into 16 wedges. Roll up, beginning at rounded edge. Place rolls, with point underneath, on greased baking sheet. Curve slightly. Lightly grease tops. Makes 16 rolls.

Fan Tans: Roll dough into rectangle, 13x9 inches. Lightly grease surface of rectangle. Cut crosswise into 6 strips, 1-1/2 inches wide. Stack strips evenly; cut into 12 pieces, about 1 inch wide. Place cut side down in greased muffin cups; lightly grease tops. Makes 12 rolls.

Four-Leaf Clovers: Shape pieces into 2-inch balls. Place each ball in greased medium muffin cups (2-3/4 inches in diameter). With scissors, snip each ball in half, then into quarters, lightly grease tops. Makes about 12 rolls.

Parkerhouse: Roll dough into oblong, 13x9 inches, about 1/4 inch thick. Cut into 3-inch circles. Lightly grease surface of circles. Make crease across each circle; fold so top half overlaps slightly. Press edges together. Place close together in greased 9-inch pan. Lightly grease tops. Makes 10 rolls.

POTATO REFRIGERATOR ROLL DOUGH

1-3/4 cup + 1 Tbsp.	Warm Water (105° to 115° F.)
1 Tbsp.	Active Dry Yeast
2/3 cup	Sugar
1-1/2 tsp.	Salt
2 cups	Lo-Mo Shortening Mix , lightly packed
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1 cup	Unseasoned Lukewarm Mashed Potatoes
7 - 7-1/2 cups	Sifted All-Purpose Flour

1. Sprinkle yeast over water in large bowl, stirring until dissolved.
2. Stir in sugar, salt, shortening, egg, potatoes and 4 cups of the flour; beat with wooden spoon until smooth. Gradually add enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface. Knead until smooth and elastic.
3. Place in lightly greased large bowl; turn dough over to bring greased side up. Cover bowl tightly; refrigerate at least 8 hours or until ready to use. (Dough can be kept up to 5 days in refrigerator at 45° F. or below. Keep covered.)
4. Punch down dough with fist. Turn out onto lightly floured surface; knead 10 to 15 times; divide into 4 parts. Use 1/4 of dough for any of the "Roll Variations" above. Let rise 1-1/2 hours before baking.
5. Preheat oven to 400° F. Bake rolls 15 to 25 minutes.

HINTS FOR BAKING

Caution: Do not let **Yeast Doughs** rise more than double after shaping, or they may fall, become coarse and open, and very dry when baked.

Dough Has Risen Sufficiently when it has doubled in bulk, and when after pressing two fingers into the dough, it holds the indentation and doesn't spring back.

Dough Made From Hard Wheat Flours requires more kneading than that made from soft-wheat flour.

In **Using Yeast** remember that yeast works best when dissolved in water between 105° to 115° F. This will feel warm to the wrist, or for best results check with thermometer. In the bread **Yeast Develops Best** at 80° to 85° F. Use cool liquid in the bread or put bread dough in a cool place to delay rising. **Check Old Yeast** by placing a teaspoonful in warm water with 1 teaspoon sugar, and stir. If yeast begins to foam in about ten minutes, it is of good strength and can be used.

HONEY-WHOLE-WHEAT BREAD

2 cups	Water
2 Tbsp.	Sugar
1 Tbsp.	Salt
3/4 cup	Lo-Mo Shortening Mix , lightly packed
2-1/4 tsp.	Lo-Mo Regular Nonfat Dry Milk , or 3 tsp. Instant Nonfat Dry Milk
1/2 cup	Honey
1/2 cup	Warm Water (105°-115° F.)
2 Tbsp.	Active Dry Yeast
2-1/2 cups	Sifted All-Purpose Flour
5 cups	Unsifted Whole Wheat Flour

1. In small saucepan, heat water until very hot (but not boiling). Meanwhile, combine sugar, salt, shortening and dry milk. Add together with honey to hot water. Cool to lukewarm (a drop sprinkled on wrist will not feel warm).
2. Sprinkle yeast over 1/2 cup warm water in large bowl, stirring until dissolved. Stir in water mixture.
3. Add all-purpose flour and 2-1/2 cups whole wheat flour; beat with wooden spoon until smooth. Gradually add enough remaining whole wheat flour to make dough easy to handle.
4. Turn dough onto lightly floured surface. Cover with bowl; let rest 10 minutes.
5. Knead until smooth, elastic—10 minutes.
6. Place in lightly greased large bowl; turn dough over to bring up greased side. Cover with towel; let rise in warm place (85° F.), free from drafts, until double in bulk—about 1-1/4 hours. Dough is ready when impression remains. Punch down dough with fist; turn out onto lightly floured surface. Divide in half; shape each half into smooth ball. Cover with towel; let rest 10 minutes. Shape each portion into loaf, according to directions for "Basic White Bread" stretching or rolling dough only until it is 20 inches long, and place in greased 9x5x3-inch pan. Lightly grease top surface. Cover with towel; let rise in warm place (85° F.), free from drafts, until double in bulk, or until sides of dough reach tops of pans—about 1-1/4 hours.
7. Preheat oven to 400° F. Bake loaves 40 to 50 minutes. Pans should not touch each other or sides of oven. Tops should be well browned and sound hollow when tapped. Remove from pans immediately; cool well, away from drafts.

Yield: Makes 2 loaves.

NOTE: If a lighter-color crust is desired, cover top of loaves with aluminum foil after bread has baked 25 minutes.

SWEET BREADS

CAKE DOUGHNUTS

3-1/2 cups	Sifted All-Purpose Flour
3 tsp.	Baking Powder
1/2 tsp.	Cinnamon
1/2 tsp.	Nutmeg
1/2 tsp.	Mace (optional)
1 tsp.	Salt
1/2 cup + 1 Tbsp.	Lo-Mo Shortening Mix , lightly packed
1-3/4 tsp.	Lo-Mo Regular Nonfat Dry Milk , or
	2-1/4 tsp. Lo-Mo Instant Nonfat Dry Milk
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1 cup	Sugar
1 cup	Lukewarm (not hot) Water

1. Sift flour with baking powder, cinnamon, nutmeg, mace, salt, milk, egg and sugar.
2. In large mixing bowl, gradually add flour mixture to water; beat at low speed of mixer (or with spoon) only until combined and smooth. Dough will be soft.
3. Cover bowl and refrigerate until well chilled—about 1 hour.
4. Remove half the chilled dough to a very well floured surface (preferably a pastry cloth) and keep rest in refrigerator until ready to use. Turn over dough to coat with flour.
5. Roll dough 1/2 inch thick. Cut with floured doughnut cutter, dipping cutter into flour between each cutting. With wide spatula, transfer cut doughnuts to top edge of cutting surface. Press trimmings together; re-roll and cut. Let rest, uncovered, 10 minutes.
6. Meanwhile, in deep-fat fryer or deep skillet, slowly heat cooking oil or shortening (from 1-1/2 to 2 inches deep) to 375° F. Gently drop doughnuts and "holes", 3 to 4 at a time into hot oil. As they rise to surface, turn with slotted utensil. Continue frying doughnuts and holes until golden brown on both sides—about 3 minutes in all.
7. Lift doughnuts from hot oil; hold over skillet a few seconds. Drain well. Serve plain, sugared or frosted.

Yield: About 2-1/2 Dozen Doughnuts and Doughnut Holes

Submitted by: Mrs. Gladys Haslam
Salt Lake City, Utah

RAISED DOUGHNUTS

1-3/4 cups

3/4 cup

1-1/2 tsp.

2 cups

1 Tbsp. + 1 1/2 tsp.

1/2 cup

1/2 cup

1/2 cup

2 Tbsp.

5 - 7 cups

Water

Sugar

Salt

Lo-Mo Shortening Mix, lightly packed

Lo-Mo Regular Nonfat Dry Milk, or 2
tablespoons **Instant Nonfat Dry Milk**

Sifted **Lo-Mo Powdered Whole Eggs**

Cold Prepared Unseasoned Mashed Potatoes

Warm Water (105⁰ to 115⁰ F.)

Active Dry Yeast

Sifted All-Purpose Flour

1. In small saucepan, heat water until very hot (but not boiling). Meanwhile, combine sugar, salt, shortening and dry milk. Stir, together with mashed potatoes, into hot water. Let cool to lukewarm.
2. In large mixing bowl, sprinkle yeast over 1/2 cup warm water; stir to dissolve.
3. Add water mixture and 1/2 the flour; beat until smooth. Gradually add enough remaining flour to make dough soft, yet easy to handle.
4. Cover with towel; let rise in warm place (85⁰ F.), free from drafts, until double in bulk—about 1 hour.
5. Punch down dough. Turn out onto well floured surface (preferably a pastry cloth); turn over, to coat with flour. Knead until smooth—about 10 minutes.
6. Roll out dough 1/2 inch thick. Cut with floured doughnut cutter. With wide spatula, move cut doughnuts to edge of surface. Press remaining dough into ball; re-roll and cut. Cover with towel; let rise until double in bulk—about 45 minutes.
7. Meanwhile, in deep-fat fryer or deep skillet, slowly heat cooking oil or shortening (from 1-1/2 to 2 inches deep) to 375⁰ F. Gently drop doughnuts and "holes", 3 to 4 at a time, into hot oil. As they rise to surface, turn over with slotted utensil. Continue frying doughnuts and holes until golden brown on both sides—about 3 minutes in all.
8. Lift doughnuts from hot oil; hold over skillet a few seconds. Drain well; cool.

Yield: About 3 dozen Doughnuts and Doughnut Holes

VARIATIONS:

To Sugar: Roll warm Raised Doughnuts in granulated sugar. Shake doughnuts one at a time in a bag with a little powdered sugar.

To Glaze: Blend 1/3 cup boiling water into 1 cup powdered sugar. Dip warm doughnuts into warm glaze.

To Garnish: Sprinkle glazed doughnuts with chopped nuts or colored sugar.

DOUGHNUTS

1-1/2 Tbsp.	Yeast
1/4 cup	Water
1-1/4 cups	Lukewarm Water
1 cup	Lo-Mo Shortening Mix
1/2 cup	Instant Mashed Potatoes
3/4 cup	Sugar
1/2 Tbsp.	Salt
7-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
7-1/2 Tbsp.	Water
10-12 cups	Flour

1. Dissolve yeast in warm water.
2. Combine milk, potatoes, shortening, sugar, and salt. Add yeast. Add eggs and half the flour, beat well. Cover and let rise for 1 hour.
3. Stir in remaining flour until dough is soft and can be handled easily for rolling. Knead on lightly floured surface for 10 to 15 minutes or until dough is smooth and satiny.
4. Let raise again and divide in half and roll out 1/3 inches thick on floured board and cut and let raise for 20 or 25 minutes and then fry in deep fat until brown.

Yield: About 2 Dozen Doughnuts

VARIATION:

Cinnamon Rolls: Mix dough as for doughnuts. Let rise, roll dough 1/4 inch thick. Brush top with cinnamon mixture:

1/2 cup vegetable oil mixed with 1/2 cup **Lo-Mo Butter Mix**, 1/2 to 1 cup sugar and as much cinnamon as desired.

Roll and cut into 1-1/2 inch pieces laying cut side down on bottom of pan, or if desired, roll them in **twists**. Let rise and bake in oven at 375° F. for 30 to 35 minutes. Frost when done if desired with a thinned Powdered Sugar Frosting mixed with Powdered Milk and 1 tablespoon of vanilla.

CINNAMON ROLLS

1/2 Recipe Traditional Roll Dough (recipe, page 90)

	Cooking oil
1/4 cup	Lo-Mo Butter Mix , lightly packed
1/4 cup	Raw or Brown Sugar or Granulated Sugar
2 tsp.	Cinnamon
	Sweet Icing (recipe below)

1. Roll prepared dough into rectangle, 15 x 9 inches; lightly spread cooking oil over surface.
2. Mix butter, sugar, cinnamon; sprinkle over rectangle. Roll up, beginning at wide side. Pinch edge of dough into roll to seal. Stretch roll to make even.
3. Cut roll into 15 slices. Place slightly apart in greased baking sheet, 23x9 x2 inches or in greased muffin cups, cut side down. Let rise in warm place (85° F.), away from drafts, until double in bulk—about 30 to 40 minutes.
4. Preheat oven to 375°. Bake 25 to 30 minutes. While warm, frost rolls with icing.

Yield: 15 Rolls

SWEET ICING

Mix 1 cup powdered sugar, 1 tablespoon reconstituted **Lo-Mo Whole Milk** and 1/2 teaspoon vanilla until smooth.

FAVORITE COFFEE CAKE

1-1/2 cups	Sifted All-Purpose Flour
3/4 cup	Sugar
2-1/2 tsp.	Baking Powder
3/4 tsp.	Salt
3/4 cup	Lo-Mo Shortening Mix , lightly packed
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
3/4 cup	Water
	Topping (Recipe Below)

1. Preheat oven to 375° F. Blend all ingredients except topping; beat vigorously 1/2 minute.
2. Grease round layer pan, 9x1-1/2 inches, or square pan, 8x8x2 or 9x9x2 inches. Spread batter in pan.
3. Sprinkle topping over batter. Bake 25 to 30 minutes, or until done. Serve warm.

Yield: 9 to 12 Servings

COFFEE CAKE TOPPING

Mix together 1/3 cup brown or raw sugar (firmly packed), 1/4 cup flour, 1/2 teaspoon cinnamon and 6 tablespoons **Lo-Mo Butter Mix** (lightly packed) until thoroughly combined.

VARIATION:

Streusel-filled Coffee Cake: Omit "Topping"; spread half the batter in prepared pan. Mix 1/2 cup brown or raw sugar (firmly packed), 2 teaspoons cinnamon, 1/2 cup finely chopped nuts and 1/4 cup **Lo-Mo Butter Mix** (lightly packed); sprinkle half the mixture over batter in pan. Top with remaining batter, then remaining brown sugar mixture.

BANANA BREAD

1/2 cup	Cooking Oil
1 cup	Sugar
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1/3 cup	Lukewarm Water
1 cup	Reconstituted Lo-Mo Banana Flakes
2 cups	Sifted All-Purpose Flour
1 tsp.	Baking Soda
1/4 tsp.	Baking Powder
1/2 tsp.	Salt
3 Tbsp.	Reconstituted Lo-Mo Milk
1/2 tsp.	Vanilla
1/2 cup	Chopped Nuts (optional)

1. Preheat oven to 350° F. Cream oil and sugar in medium bowl. Blend in egg and lukewarm water.
2. Sift flour with soda, baking powder and salt.
3. Mix banana flakes, milk and vanilla; add to oil-sugar mixture alternately with dry ingredients, blending well after each addition. Stir in nuts.
4. Pour into greased and floured 9x5x3-inch loaf pan. Bake 1 hour or until done. Remove from pan; cool thoroughly before slicing.

VARIATIONS:

Applesauce Bread: Substitute 1 cup rehydrated and drained **Lo-Mo Apple Nuggets** for **Banana Flakes**. Add 1/2 teaspoon nutmeg and 1 teaspoon cinnamon to dry ingredients.

Date Bread: Substitute 1 cup rehydrated and drained **Lo-Mo Date Nuggets** for **Banana Flakes**.



In making 100% **Whole Wheat Bread** use as little flour as possible in relation to the liquid used, in order to produce a large-volume, plump loaf.

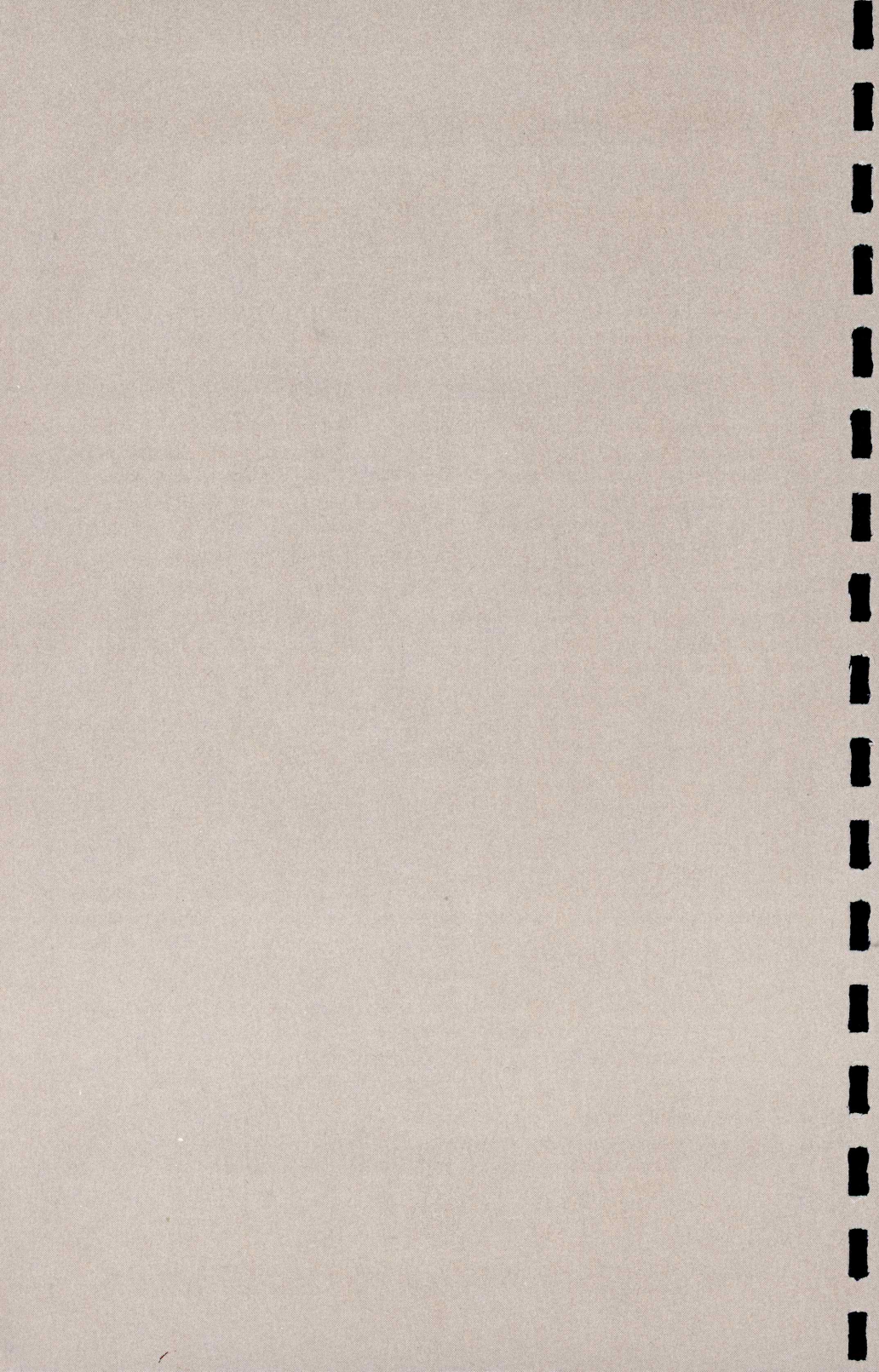


For **Crusty biscuits** roll dough thin and place biscuits far apart on cookie sheet.
For **Flaky Biscuits** roll dough thicker and place the biscuits close together on sheet.



CEREALS AND GRAINS





GRAINS

WHOLE WHEAT AND ITS USES

Wheat—"the staff of life"—is one of man's most important foods. Versatile, storable, and highly nutritious, it is important in most food storage programs. Although with a normal-meals approach the largest use of wheat will be in breads and cereals, one still should be aware of other possibilities for using the amazing flexibility of wheat to enhance menus. For exhaustive information with numerous recipes see specialized cook books like *Wheat for Man*, *Make a Treat with Wheat*, or *Passport to Survival*. Our purpose is to provide only the basics. The following provides the information needed to use wheat successfully along with **Lo-Moisture** fruits and vegetables for a full variety diet.

SPROUTED WHEAT and OTHER GRAINS

Sprouted seeds are high in nutritive value, compare with fresh fruit in Vitamin C properties, have no waste, and are excellent raw or can be cooked. Sprouts are economical since one pound of seed produces six to eight pounds of sprouts, while the vitamin content of seeds and grains is increased approximately five-fold in sprouting. In times of emergency, they provide a ready source of Vitamin C and useable protein and can also be served in place of a "leafy green vegetable" for dietary nutritional balance.

When Ready to Eat:

Wheat sprouts are ready to eat when the sprout is about the length of the wheat kernel. A sprout this length will need about 48 hours to grow. The entire kernel including the sprout and roots should be eaten. To retard further growth, which may produce an off-flavor, refrigerate when they reach this length. Refrigerated, sprouts retain their nutritive value for a week to ten days.

Suggestions:

1. The sprouting container should be non-porous, such as plastic or glass. A porous pot or plate is apt to cause fungus or mold in the sprouts.
2. A constant humidity, an even source of water, exclusion of light and uniform temperature are all important to sprouting.

Preparation of Wheat For Sprouting:

1. Pick out broken kernels as they tend to mold instead of sprout. Wash wheat thoroughly.
2. Cover wheat with about two to three times as much warm water as seeds and let soak for several hours or overnight.
3. Drain off water (save this for cooking or drinking as it contains valuable water-soluble vitamins and minerals). It is now ready to be placed in the sprouter.

METHODS OF SPROUTING:

Jar Method

1. Put about 1/4 cup of washed grain in a quart glass jar. Place a piece of gauze, cheesecloth or nylon stocking across the mouth of the jar and secure it with a rubber band.
2. Place the jar in a warm, dark cupboard, (on its side if possible for better ventilation). Sprinkle wheat with water two or three times a day, being careful not to leave an excess of water in the jar as the wheat will mold.

Towel Method

1. Wet a large Turkish towel and fold in half length-wise. Starting 4 inches from one end, spread a thin layer of soaked seeds 4 inches wide across the folded towel; fold first 4 inches of towel over the seed. Repeat this process until the entire towel is used. Leave folded on a rack or on the kitchen counter, sprinkling lightly each day with enough fresh water to keep the towel wet.
2. To harvest the sprouts, lift from the cloth, rinse and drain in strainer. Place in tightly covered container and refrigerate.
3. Most grains, seeds, and legumes may be sprouted in this manner. The same sprouting cloths can be used repeatedly if care is taken to clean them well after each use. Wash carefully in hot water, allowing to soak in a mild solution of household bleach (do not use detergents). Rinse well to prevent fungus in sprouts. Rinse all sprouting equipment with a mild solution of household bleach, then in clear water.

Tray Method

1. Place about one inch of fresh, warm water in a glass baking dish or plastic pan. Place an elevated rack in the pan.
2. Cut a double thickness of terry cloth or several thicknesses of cheesecloth to fit the rack, leaving the cloth long enough at both ends to extend over the end of the rack and reach to the bottom of the dish.
3. Spread seeds evenly on the wet cloth. Each seed should touch the cloth with enough space between the seeds for growing.
4. Cover the dish with foil, folding edges under rim of the dish tightly to retain humidity and exclude light. Place in a warm area where the temperature is uniform and leave undisturbed. After two or three days uncover, sprinkle about two ounces of fresh water over the sprouts, cover with a piece of clear plastic and place in the sun a short time to increase chlorophyll content.

SERVING SUGGESTIONS:

Sprouts make excellent additions to salads, sandwich spreads, soups, stews, or casseroles. When using in cooked dishes, add just before serving. They may also be gently cooked for a few minutes by themselves, then seasoned and served as a vegetable.

Other suggestions include sauteing sprouts with green pepper and onion and adding to scrambled eggs. Or try adding them to muffins, pancakes, waffles or yeast breads just before the final mixing or kneading. Try combining sprouts with fruits, vegetables or juices in a blender for a unique nutritional drink.

BULGUR WHEAT

Bulgur is a precooked, dried cracked wheat. It is toasted in appearance, nutty in flavor and easily adaptable to favorite dishes. It has the advantage of cooking more rapidly than whole or cracked wheat. Commercially prepared bulgur is available in some localities, but with the following instructions, you can make bulgur from whole wheat:

1. Wash wheat in cool water; discard water.
2. Cover the wheat with a generous amount of water; steam wheat in excess water until all water is absorbed and wheat is tender. This usually takes from 35 to 40 minutes.
3. Spread the cooked wheat thinly on a baking sheet with sides or in a shallow pan; dry in oven at 200° F. Wheat must be very dry so that it will crack easily.
4. When wheat is thoroughly dry, remove the hull by rubbing kernels between the hands. A little moisture added either to the hands or to the surface of the wheat will assist in the removal of the hull.
5. Crack wheat moderately fine in a mill or grinder. (A blender may also be used.)

This processed bulgur may be used in many recipes and is easily stored. Store in a cool, dry, well-ventilated place. Do not store in air-tight containers. When properly stored, bulgur will retain its high quality for three to four months.

Suggested Uses:

Bulgur may be used in casserole dishes, in desserts, in bread or yeast rolls for a nut-like flavor and in soups and stews. In most recipes, it must be cooked before use. To cook, simply boil in water 10 to 15 minutes.

1. Use as an extender by putting in meat loaves, Swedish meat balls, Mexican bulgur chili, or chicken curry.
2. Use in cookies for an interesting flavor (for this purpose, soak overnight in salt water).
3. Serve hot with butter and syrup.
4. Serve hot with cheese or tomato sauce.
5. Serve as a side dish with meat, poultry or fish.
6. Add to salads—especially good added to cole slaw.

BOILED BULGUR

(For Cereal or Other Dishes)

7 cups	Boiling Water
1 tsp.	Salt
2 cups	Bulgur Wheat

Bring water and salt to a rapid boil; stir in bulgur. Reduce heat, cover and simmer for 10 to 15 minutes.

COOKED WHOLE WHEAT

2 cups	Water
1 tsp.	Salt
1 cup	Clean Whole Wheat

1. **Direct Heat Method:** Bring water and salt to a rapid boil. Add wheat gradually. Reduce heat; cover and simmer for 3 to 6 hours.
2. **Double Boiler Method:** In top of double boiler, bring water and salt to a rapid boil. Gradually add wheat; boil for 3 minutes, then place over bottom part of double boiler in which water is gently simmering. Cook for 4 to 10 hours.
3. **Thermos Jug Method:** Preheat thermos. Bring water and salt to a rapid boil; stir wheat gradually into salted boiling water so that water continues to boil; boil for 1 to 2 minutes. Put in preheated thermos and seal. Leave enough space in jug for wheat to expand; let stand overnight. Gives a chewy product.
4. **Quart Bottle-Limited Heat Supply:** If thermos is not available, follow thermos instructions, except put wheat in glass bottle; seal tightly and cover with blankets or newspapers.

Yield: 3 Cups Cooked Wheat - 4 to 6 Servings

Hint: To cut down cooking time, soak wheat for 3 to 12 hours before cooking.

Suggestions for serving whole, cooked wheat

1. Serve as a hot cereal with sugar and milk.
2. Serve hot with butter and salt.
3. Serve hot with gravy.
4. Place in greased frying pan. Pour in scrambled egg mix and scramble all ingredients together.
5. Add to cooked, drained ground round or sausage to which a sprinkling of sage has been added; heat through and serve.
6. Steam the wheat just like you steam and cook rice

GLUTEN

Gluten is the tough, elastic portion of the wheat which remains when the starch is leached out. It is high in protein and can be used in a variety of tasty recipes.

8 cups	Flour
2-1/2 to 3 cups	Lukewarm Water

Preparing Raw Gluten Base

1. Mix flour and water until a stiff dough forms. Shape into a ball; knead, beat and stretch for 10 minutes (treat roughly).
2. Let stand under cold water for 2 hours.

3. Wash out starch by kneading with the hands in warm water, being careful to keep dough together and to pour off only the starchy water. Continue adding more water, kneading and pouring off starchy water until water is almost clear. You will then have a lump of wet gluten in its raw state. (Keep starchy water in times of emergency for re-use in cooking.)

Cooking Raw Gluten Base

3 Tbsp.

1 Tbsp.

1/2 cup

Boiled Gluten

Lo-Mo Chopped Onions

Instant Beef Bouillon

Cooking Oil

1. Cover onions with water and let soak 10 minutes; drain.
2. Put oil, onions, and bouillon in large kettle and cook until onions are slightly brown.
3. Take raw gluten, roll into loaf and slice. Place slices in kettle and pour in enough boiling water to cover. Boil 1 hour and drain.
4. Cut or slice to desired size and shape for casseroles, gravies, stews, etc.

Baked Gluten

1. Roll, stretch, and form raw gluten into meat-like pieces to resemble meat strips, sausages, meat-balls, or desired shape for particular recipe.
2. Bake at 350° for 30 minutes to 1 hour or until nicely browned.
3. Flavoring can be imparted by boiling 1 hour or longer in salted water before using as snacks or in recipes.

PARCHED WHOLE WHEAT

Method No. 1:

Put a layer of plain whole dry wheat in a corn popper or pan and shake on top of the burner until some of the kernels pop and are golden brown. You can also parch cracked wheat with fine flour sifted out.

Method No. 2:

Spread a layer of steamed cooked wheat on a baking sheet with sides so the kernels touch each other. Add salt and place under broiler for about 10 minutes until you hear tiny popping sounds. Leave in oven at 250° F. for 30 minutes longer or until brown and crunchy. Will also work with uncooked wheat that has been soaked overnight.

Suggested Uses:

Salted and buttered may be used as a snack food. Crushed fine it also makes a nutritious and tasty hot "toastum" drink. Use 2 to 3 tsp. per cup of water, simmer and strain.

BASIC DIRECTIONS FOR COOKING

MACARONI, SPAGHETTI, NOODLES

1 Tbsp.	Salt
3 qts.	Water
3 cups (1-7 oz. or 8 oz. pkg.)	Macaroni, Spaghetti, or Noodles

1. In large kettle, bring salt and water to a rapid boil. Add macaroni, breaking long pieces into short ones. You may leave long spaghetti whole by placing one end in boiling water, and gradually coil in rest as it softens.
2. Bring back to boiling. Cook uncovered, stirring occasionally with long fork to prevent sticking, just until tender—about 7 to 10 minutes, or as directed on package. Do not overcook.
3. Drain in colander or sieve.

Easy Method:

1. Drop macaroni into 6 cups rapidly boiling water to which 4 teaspoons salt has been added.
2. Heat to rapid boil. Cook, stirring constantly, for 3 minutes (slightly longer for thick macaroni products). Cover tightly. Remove from heat; let stand 10 minutes. Drain.

HOMEMADE NOODLES

3 cups	Sifted All-Purpose Flour
1 tsp.	Salt
1/2 cup	Sifted Lo-Mo Powdered Egg Yolks
9 to 10 Tbsp.	Cold Water

1. Sift flour with salt and egg yolk into medium bowl.
2. Make a well in center and add 6 tablespoons cold water; beat vigorously with wooden spoon until well combined.
3. Gradually add 3 more tablespoons water, mixing well with hands. Dough will be stiff, but if it seems too stiff to knead, gradually add more water.
4. On lightly floured surface, knead dough until smooth and elastic—about 5 minutes. Cover with bowl; let rest 30 minutes.
5. Divide dough into 4 parts. Keep covered with bowl until ready to roll out.
6. Roll dough, one part at a time, into paper-thin rectangle. Work quickly, as dough will dry out. Keep remaining dough covered. Roll rectangle around rolling pin; slip out rolling pin.
7. Cut dough crosswise into 1/8-inch strips for narrow noodles and 1/4-inch strips for wide noodles. Shake out strips and arrange on towel; let dry overnight before cooking.
8. When dry, break dry strips into smaller pieces.

Yield: About 16 Ounces

Note: Dried noodles may be stored in a covered glass jar in a cool place.

FLUFFY WHITE RICE

2 cups	Water
1 tsp.	Salt
1 cup	Uncooked White Rice

1. In medium saucepan bring water and salt to a rapid boil.
2. Add rice; bring to a boil again, stirring once or twice. Reduce heat to simmer; cover pan tightly. (Do not lift cover or stir.) Cook 20 to 25 minutes or until rice is tender and water is absorbed.
3. Remove pan from heat; fluff rice lightly with fork. Cover and let stand 5 to 10 minutes.

Yield: 3 cups—4 to 6 servings

VARIATION :**Brown Rice**

Follow directions for making Fluffy White Rice (above) or Oven-Baked Rice (below) except increase the cooking time to 1 hour or until rice is tender and water is absorbed.

Rice Ring

Prepare 4 cups rice. Lightly press into well-greased 4-cup ring mold. Keep hot until serving time. Invert warm serving plate over mold; turn over. Remove ring mold.

OVEN-BAKED RICE

1 cup	Uncooked White Rice
1 tsp.	Salt
2 cups	Hot Water
	Lo-Mo Parsley Flakes (optional)

1. Preheat oven to 350° F. Mix all ingredients except parsley in an ungreased 1- or 1-1/2-quart casserole or in baking dish, 10 x 6 x 1-1/2 or 11-1/2 x 7-1/2 x 1-1/2 inches.
2. Sprinkle a little parsley over top. Cover tightly. Bake 25 to 30 minutes or until liquid is absorbed and rice is tender (do not peek; do not stir). For large quantities, double or triple all ingredients and bake in 3-quart casserole or in baking dish, 13 x 9 x 2 inches.
3. To serve, fluff up lightly with fork.

Yield: 3 Cups—4 to 6 Servings

CEREALS

CRACKED WHEAT CEREAL

3-4 cups

1 tsp.

1 cup

Water

Salt

Cracked Wheat

1. **Direct Heat Method:** Bring water and salt to a rapid boil. Stir wheat gradually into salted boiling water so that water continues to boil (stir wheat gently with fork, when stirring is necessary, to prevent breaking the grain.) Reduce heat; cover and gently simmer for 25 to 35 minutes.
2. **Double Boiler Method:** In top of double boiler, bring water and salt to a rapid boil. Gradually stir wheat into salted boiling water so that water continues to boil. Cover and place over bottom part of double boiler in which water is gently simmering. Cook for 1 hour or until done.
3. **Thermos Jug Method:** Preheat thermos. Bring water and salt to a rapid boil; stir wheat gradually into salted boiling water so that water continues to boil; boil for 1 to 2 minutes. Put in preheated thermos and seal. Leave enough space in jug for wheat to expand; let stand overnight. Gives a chewy product.
4. **Quart Bottle-Limited Heat Supply:** If thermos is not available, follow thermos instructions, except put cereal in glass bottle; seal tightly and cover with blankets or newspapers.

Yield: 3 cups cereal—4 to 6 Servings

Hint: To cut down cooking time, soak wheat in twice as much warm water as wheat for 3 to 12 hours, then follow recipe.

INFANT'S WHOLE WHEAT CEREAL

2/3 cup

2-1/2 cups

1/2 tsp.

Fine Whole Wheat Flour

Boiling Water

Salt

1. Combine flour, boiling water and salt; beat with beater or in blender until smooth.
2. Cook in top of double boiler at least 30 minutes, or until thick. It may be necessary to strain before and after cooking.

Yield: 3 Cups Cooked Cereal

READY-TO-EAT CEREAL

8 cups	Regular (Not Quick-Cooking) Rolled Oats
6 cups	Rolled Wheat (optional)
2 cups	Untoasted Wheat Germ
2 to 3 cups	Shredded Coconut
2 tsp.	Salt
1-1/4 cups	Raw or Brown Sugar
1/2 cup	Honey
1 cup	Cooking Oil
1 cup	Water
3 tsp.	Vanilla

1. In a large bowl, combine and mix well rolled oats and wheat, wheat germ, coconut, salt, sugar and honey. Add oil, water and vanilla; mix thoroughly until all flakes have been coated and separated.
2. Spread mixture onto four baking sheets with sides. Bake at 225° F. for 2 hours, stirring occasionally, until mixture is toasted. (Bake two baking sheets at a time, one on each rack, and stagger them.)
3. Store in air-tight containers. Need not be refrigerated. Marvelous as a snack food too.

Yield: 6 Quarts

CRISP WHEAT FLAKE CEREAL

3 cups	Reconstituted Lo-Mo Milk
2 Tbsp.	Honey
1/2 tsp.	Molasses (optional)
4 cups	Whole Wheat Flour
1 tsp.	Baking Soda
1/2 - 1 cup	Brown or Raw Sugar (firmly packed)
1 tsp.	Salt

1. Combine milk, honey and molasses; blend thoroughly.
2. Mix flour, soda, sugar and salt until combined thoroughly. Add to milk mixture; beat until smooth.
3. Spread 1/4 inch thick on at least two baking sheets with sides. (If using more than two baking sheets, bake only two at a time, one on each rack, and stagger them.) Bake at 350° F. for 45 minutes, or until crisp and golden. If center is not crisp, remove edges as they become brown to prevent burning edges. Cool thoroughly.
4. Grind in food grinder with coarse blade. Store in air-tight containers.

Yield: Approximately 6-Cups

TOASTED WHEAT GERM

4 cups	Fresh Wheat Germ
1/2 cup	Warm Honey

1. Mix wheat germ and honey until combined thoroughly.
2. Spread mixture on a baking sheet with sides. Roast at 300° F. for 10 minutes. Cool thoroughly.
3. Store in a plastic bag or glass jar; seal tightly. Keep refrigerated. Serve as a cold prepared whole grain cereal, or sprinkle on top of any cooked cereal.

FRIED CORNMEAL MUSH

1 cup	Cornmeal
1 cup	Cold Water
3 cups	Boiling Water
1 tsp.	Salt
2 Tbsp.	Cooking Oil or Margarine
	Flour
	Syrup or Jelly

1. Grease loaf pan, 9x5x3 or 8-1/2x4-1/2x2 inches. Mix cornmeal and cold water in saucepan.
2. Stir in boiling water and salt. Cook, stirring constantly, until mixture thickens and boils. Cover; cook over low heat for 10 minutes. Spoon into pan. Cover; chill at least 12 hours.
3. Invert pan to unmold cornmeal mush. Cut loaf into 1/2-inch slices.
4. Heat oil in large skillet. Coat slices with flour; brown on each side in skillet. Serve hot with syrup or jelly.

Yield: 9 Servings

CORNMEAL MUSH

3 cups	Water
1 cup	Reconstituted Lo-Mo Milk
2 tsp.	Salt
1 cup	Cornmeal
1 Tbsp.	Sugar

1. In top of double boiler, bring water and milk to a boil.
2. Mix the salt, sugar and oatmeal; gradually stir into boiling liquid. Boil and stir until thick.
3. Place over bottom part of double boiler in which water is gently simmering. Cover and cook for 30 minutes.

Yield: 6 Servings

OATMEAL PORRIDGE

4 cups	Water
1 tsp.	Salt
1 cup	Oatmeal Flakes or Rolled Oats

1. In top of double boiler bring water and salt to a rapid boil. Gradually stir in oatmeal; boil for 3 minutes.
2. Place over bottom part of double boiler in which water is boiling. Cook, covered, for 1 hour or according to directions for whichever oatmeal you are using. Serve with milk and brown sugar.

Yield: 4 Servings

MPF PORRIDGE

2 Tbsp.	Honey (optional)
1 cup	Hot Water
1/2 cup	Lo-Mo Multi-Purpose Food (MPF)

1. Melt honey in hot water.
2. Pour over MPF; stir. Add sugar, if honey is not used, and milk. (If liquid milk is not available, mix 1/4 cup powdered milk with MPF, then pour hot water over it. Water amount will have to be increased slightly in order to have the cereal moist enough.)

Yield: 4 to 6 Servings

CEREALS: VARIATIONS & SERVING SUGGESTIONS**DRY CEREAL SEASONINGS**

For a flavor pick up, add one of the following to each serving of ready-to-eat cereal:

- 1 teaspoon flavored gelatin
- 1 to 2 teaspoons instant cocoa
- 1/4 cup **Lo-Mo Seedless Grapes**
- 1/4 cup marshmallows, cut into bite-size pieces

FLAVORED HOT CEREALS

Quick stir-ins help to make an everyday hot cereal more interesting. Prepare your favorite hot cereal in this section and stir in one of the following:

- 2 tablespoons reconstituted **Lo-Mo Apple Nuggets** with 1 tablespoon brown or raw sugar.
- 1 tablespoon instant cocoa
- 1 to 2 tablespoons jam or jelly
- 1 to 2 tablespoons maple syrup, light molasses or honey
- 1/4 cup marshmallows, cut into bite-size pieces

FRUITED HOT CEREALS

Prepare a hot cereal from this section—except when heating water to boiling, add one of the following for each serving:

- 5 or 6 **Lo-Mo Apricot Slices**
- 5 or 6 **Lo-Mo Peach Slices**
- 4 or 5 **Lo-Mo Pitted Prunes**, cut up
- 3 to 4 tablespoons **Lo-Mo Seedless Grapes**
- 3 to 4 tablespoons **Lo-Mo Date Nuggets**

DESSERTS



PIES & PASTRIES

FLAKY PASTRY #1

1 cup + 2 Tbsp.

1/2 tsp.

3/4 cup

6 to 8 Tbsp.

Sifted All-Purpose Flour

Salt

Lo-Mo Shortening Mix

Cold Water

1. Sift flour with salt and shortening into medium bowl.
2. Sprinkle water, 1 tablespoon at a time, over all of pastry mixture, tossing lightly with fork after each addition and pushing dampened portion to side of bowl; sprinkle only dry portion remaining (pastry should be just moist enough to hold together—not sticky).
3. With cupped hand, lightly shape pastry into ball; wrap in waxed paper and keep refrigerated or in cool place until ready to use.

Yield: One 8" or 9" Pie Shell or Top of 1-1/2 quart Casserole

FLAKY PASTRY #2

For Two-Crust Pie:

1. Double recipe for pastry #1 above.
2. Follow same procedure for mixing (steps No. 1 and 2 above).
3. Divide dough in half; form into two balls. Wrap in waxed paper and keep refrigerated or in cool place until ready to use.

Yield: One 8" or 9" Two-Crust Pie

To Make Bottom Crust:

1. On lightly floured surface, roll out pastry to an 11-inch circle, rolling with light strokes from center to edge and lifting rolling pin as you reach edge. Alternate directions to shape an even circle.
2. If rolled pie crust is too irregular in shape, carefully trim off any bulge and use as patch. Lightly moisten pastry edge to be filled in. Gently press patch in place; smooth seam with several strokes of rolling pin.
3. Fold rolled pastry in half; carefully transfer to pie plate, with fold at center; unfold. Carefully fit pastry into pie plate, pressing gently with bent index finger toward center of plate. This eliminates air bubbles under crust and helps reduce shrinkage.
4. Fold under edge of crust, and press into upright rim. Crimp decoratively.
5. Prick entire surface evenly with fork. Keep cool until ready to bake. Preheat oven to 450° F. Bake pie shell 12 to 15 minutes, or until golden brown. Cool completely before filling.

To Make Top Crust:

1. Roll top crust as in steps No. 1 and 2 of "To Make Bottom Crust", page 111. Arrange filling in lined pie plate. Trim bottom crust evenly with edge of plate. Fold top crust in half; with knife make several slits of your own design near center fold so steam can escape.
2. Moisten edge of lower crust with water (use fingers). Lay top crust over filling, with fold at center; unfold.
3. Trim upper crust 1/2 inch beyond edge of plate; fold edge of upper crust under edge of lower crust. Press together. Finish pastry edge with preferred edging. To glaze, brush top with milk, cooking oil, melted margarine or cream. For sparkling effect, sprinkle with granulated sugar. Bake as specific recipe directs.

OIL PASTRY #3

1-1/4 cups	Sifted All-Purpose Flour
2/2 tsp.	Salt
1/3 cup	Cooking Oil
2 Tbsp.	Cold Water

1. Sift flour with salt into medium bowl.
2. Blend in oil thoroughly with fork. Sprinkle all of water over mixture; mix well.
3. With hands, press dough into smooth ball. If pastry seems too dry to hold together, add 1 to 2 tablespoons more oil.
4. Form pastry into a ball, flatten slightly.

Yield: One 8" or 9" shell or Top of 1-1/2 quart Casserole

For Two-Crust Pie:

2 cups	Sifted All-Purpose Flour
1 tsp.	Salt
1/2 cup	Cooking Oil
3 Tbsp.	Cold Water

1. Follow same procedure for mixing pastry #1 (steps No. 1 and 2, page 111).
2. If pastry seems too-dry to hold together, add 1 to 2 tablespoons more oil.
3. Divide dough in half; form into two balls; flatten slightly.

Yield: One 8" or 9": Two-Crust Pie

To Make Bottom Crust:

1. On wet counter top (so paper won't slip) roll out half of pastry, between sheets of waxed paper, to an 11-inch circle.
2. Peel off top sheet of paper; invert pastry into pie plate; peel off other sheet of paper.
3. Fit pastry carefully into pie plate; do not stretch.

4. Trim crust even with edge of plate. Finish pastry with preferred edging. Prick entire surface evenly with fork, close and deep.
5. Preheat oven to 450° F. Bake 12 to 15 minutes or until golden. Check after 5 minutes. If bubbles appear, prick at once. Cool before filling.

To Make Top Crust:

1. Roll top crust as in steps No. 1 and 2 of "To Make Bottom Crust," page 111.
2. Peel off top sheet of paper; make several slits for steam vents. Invert pastry over filling; peel off other sheet of paper.
3. Trim crust about 1/2 inch beyond edge of plate; fold it under edge of bottom crust; press together. Finish pastry with preferred edging.
4. Bake as specific recipe directs.

SCRUMPTIOUS FRUIT TURNOVERS

1. Make "Flaky Pastry No. 2" for two-crust pie (see recipe above).
2. Preheat oven to 450° F. Roll pastry 1/8-inch thick. Cut into 4-inch squares or 4-1/2-inch rounds. Place 1 tablespoon of filling in corner of each square or on half of each round. Moisten edges with water; fold from corner to opposite corner so edges come together. Firmly seal edges with floured fork. Slit or prick top.
3. Bake for 15 minutes, or until golden.

Yield: About 1 Dozen

FILL WITH ONE OF THE FOLLOWING:

APPLE

1/2 cup + 1 Tbsp.

1-2/3 cups

1/2 cup

2 Tbsp.

1/2 tsp.

2 tsp.

Lo-Mo Apple Nuggets

Water

Sugar

Cornstarch

Cinnamon

Pinch Salt

Reconstituted Lemon Juice

1. In a saucepan, bring apple nuggets and water to a boil. Reduce heat; simmer, covered, 2 to 3 minutes.
2. Mix together sugar, cornstarch, cinnamon and salt until well blended. Stir into apples. Cook over medium heat, stirring constantly, until thick and boiling. Boil and stir 1 minute.
3. Remove from heat; stir in lemon juice.

Yield: 2 Cups

MIXED FRUIT

Follow recipe for "Camper's Fruit Delight" (recipe, page 61). Increase sugar 1/4 cup.

DATE

1-3/4 cups

1-1/3 cups

3/4 cup

1 Tbsp.

3 Tbsp.

1/3 cup

Lo-Mo Date Nuggets

Water

Sugar

Reconstituted Lemon Juice

Reconstituted **Lo-Mo Whole Milk**

Pinch Salt

Chopped Nuts (optional)

1. In medium saucepan, bring **Lo-Mo Date Nuggets** and water to a boil; remove from heat.
2. Add remaining ingredients, except nuts. Cook over medium heat, stirring constantly, until mixture thickens—about 5 minutes. Stir in nuts; cool thoroughly.

Yield: 2 Cups.

FIG

1-3/4 cups

1-3/4 cups

3/4 cup

2 tsp.

3 Tbsp.

Lo-Mo Fig Slices

Water

Sugar

Reconstituted Lemon Juice

Reconstituted **Lo-Mo Whole Milk**

Pinch Salt

Yield: 2 Cups

APRICOT, PEACH OR PRUNE

1-3/4 cups

1-2/3 cups

3/4 cup

2-1/4 tsp.

3 Tbsp.

Lo-Mo Apricots, Peaches, or Prunes

Water

Sugar

Reconstituted Lemon Juice

Reconstituted **Lo-Mo Whole Milk**

Pinch Salt

1. In medium saucepan, bring fruit and water to a boil. Reduce heat; simmer, covered, 20 minutes. (Allow 30 minutes for prunes.) Chop and mash to pulp.
2. Add remaining ingredients. Continue to cook over medium heat, stirring constantly, until mixture thickens—about 5 minutes. Cool thoroughly.

Yield: 2 Cups.

FRUIT FLAVORED

Follow recipe for "Fruit Flavored Filling" (recipe, Page 130).

APPLE CRUMBLE PIZZA PIE

Pastry for 8- or 9-inch Two-Crust
Pie (recipe, page 111)

3 cups	Lo-Mo Apple Slices
4 cups	Water
1/2 cup	Sugar
1 tsp.	Cinnamon
1/4 tsp.	Nutmeg
	Crumble Topping (recipe below)

1. Bring apple slices and water to a rolling boil; remove from heat. Drain thoroughly and set aside until ready to use.
2. Preheat oven to 425° F. Prepare pastry as directed except roll dough one inch larger than 12- or 13-inch pizza pan. Ease into pizza pan; flute edge.
3. Cover crust with apples. Stir together sugar, cinnamon and nutmeg; sprinkle over apple slices. Top with "Crumble Topping." Bake 30 to 40 minutes, or until edge is golden brown and apples are tender. Best served warm.

Yield: 8 to 10 Servings

CRUMBLY TOPPING

Mix together 3/4 cup flour, 1/2 cup raw or brown sugar (firmly packed) or granulated sugar and 1/2 cup **Lo-Mo Butter Mix** (lightly packed) until thoroughly combined.

FRUIT CRISP

Follow directions for "Fruit Flavored Filling" (recipe, page 130). Transfer filling to lightly greased 9x9x2-inch baking pan and sprinkle with "Topping Mix".

TOPPING MIX:

1/4 cup	Lo-Mo Butter Mix , lightly packed or 2 Tbsp. Regular Soft Butter
1/3 cup	Rolled Oats
1/4 cup	Flour
3 Tbsp.	Raw or Brown Sugar, Firmly packed

Mix all ingredients together until thoroughly combined, then sprinkle evenly over fruit filling. Bake in a 375° - 400° F. oven for 30 minutes.

Yield: 6 Servings

APPLE PIE

Pastry for 8 or 9-inch Two-Crust Pie (recipe, page 111)

8-Inch	9-Inch	
1-2/3 cups	1-3/4 cups	Lo-Mo Apple Slices*
2-1/2 cups	2-2/3 cups	Water
2 Tbsp.	2 Tbsp.	Cornstarch
2/3 cup	3/4 cup	Sugar
1/4 tsp.	1/4 tsp.	Salt
1 tsp.	1 tsp.	Cinnamon
1/2 tsp.	1/2 tsp.	Nutmeg
2-3/4 tsp.	3 tsp.	Reconstituted Lemon Juice

1. Prepare pastry. Preheat oven to 425° F.
2. Combine remaining ingredients and blend well. Bring to a rolling boil, stirring occasionally.
3. Turn into pastry-lined pie pan. Cover with top crust which has slits cut in it; seal and flute. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake 35 to 40 minutes, or until crust is brown and juice begins to bubble through.

Yield: 6 to 8 Servings

**Hint:* For plumper, bigger apple slices, cover with water and soak overnight in refrigerator. Drain water before adding amount of water specified in recipe.

FRENCH APPLE PIE

1. Prepare pastry for 9-inch one-crust pie (recipe, page 111)
2. Top apple filling with Crumble Topping. Mix together 1/4 cup flour, 1/3 cup **Lo-Mo Butter Mix** (lightly packed) and 1/3 cup raw or brown sugar (firmly packed).
3. Bake 35 to 40 minutes. Cover topping with aluminum foil last 15 minutes of baking, if top browns too quickly. Best served warm.

DEEP DISH APPLE PIE

2-3/4 cups	Lo-Mo Apple Slices*
4 cups	Water
1-1/2 cups	Sugar
1/2 cup	Sifted All-Purpose Flour
1 tsp.	Nutmeg
1 tsp.	Cinnamon
1/4 tsp.	Salt
	Pastry for 9-inch one-crust pie (recipe, page 111)

1. Bring apple slices and water to a rolling boil; remove from heat. Drain thoroughly.
2. Stir together sugar, flour, nutmeg, cinnamon and salt; mix with apples. Turn into ungreased square pan, 9x9x2 inches.
3. Preheat oven to 425° F. Prepare pastry as directed except roll dough into 10-inch square. Fold pastry in half; cut slits near center. Unfold over fruit in pan; fold edges under just inside edge of pan. Bake 50 to 60 minutes, or until juice begins to bubble through slits in crust. Best served warm.

Yield: 6 to 8 Servings

**Hint:* For plumper, bigger apple slices, cover with water and soak overnight in refrigerator. Drain water before adding amount of water specified in recipe.

Submitted by: Dorothy Nielson
Bluff, Utah.

VIENNESE APRICOT PIE

Pastry for Unbaked 9-inch Pie Shell (recipe, page 111)

1-1/2 cups	Lo-Mo Apricot Slices
1-2/3 cups	Water
1-1/3 cups	Lo-Mo Sweet Cream , lightly packed
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1-1/4 cups	Sugar
3 Tbsp.	Flour
1/2 tsp.	Salt
1 tsp.	Vanilla
1/2 tsp.	Almond Extract
	Crumbly Topping (recipe below)

1. In medium saucepan, bring apricots and water to a boil. Reduce heat, cover and simmer 20 minutes. Drain well; cut into pieces.
2. Preheat oven to 400° F. Dissolve sweet cream powder thoroughly in 2/3 cup warm water. Sour cream *t*; let stand at least five minutes or until ready to use.
3. In large bowl, add eggs, 1/3 cup lukewarm (not hot) water, sugar, flour, salt, vanilla, almond extract and sour cream; beat until well blended. Stir in apricots.
4. Pour mixture into pie shell. Bake for 25 minutes. Remove from oven. Sprinkle generously with "Crumbly Topping." Return to oven; continue baking 15 to 20 minutes, or until filling is set. Cool to room temperature, or chill before serving.

Yield: 8 Servings.

CRUMBLE TOPPING

1/3 cup	Raw or Brown Sugar, firmly packed
1/4 cup	Flour
1/3 cup	Lo-Mo Butter Mix, lightly packed

Mix all ingredients together until thoroughly combined.

†*To Sour Cream:* Place 1 tablespoon plus 1-1/2 teaspoons lemon juice or vinegar in measuring cup. Add sweet cream to measure 1-1/2 cups. Let stand about 5 minutes before using.

PEACH OR APRICOT PIE

Pastry for 8 or 9-inch Two-Crust Pie (recipe, page 111)

8-Inch	9-Inch	
1 cup	1-1/4 cups	Lo-Mo Peach or Apricot Slices
2 cups	2-1/2 cups	Water
1/2 cup	2/3 cup	Sugar
3 Tbsp.	4 Tbsp.	Cornstarch
1/2 tsp.	1/2 tsp.	Salt
1/4 tsp.	1/4 tsp.	Nutmeg
1/4 tsp.	1/4 tsp.	Cinnamon
2 tsp.	2-1/2 tsp.	Reconstituted Lemon Juice

1. Prepare pastry. Preheat oven to 425° F.
2. Add fruit slices to water and stir in cornstarch. Bring to a rolling boil, stirring frequently.
3. Add sugar, salt and lemon juice; stir until dissolved. Cool. Turn into pastry-lined pie pan. Cover with top crust which has slits cut in it; seal and flute. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake 30 to 40 minutes, or until crust is brown and juice begins to bubble through slits in crust.

PRUNE PIE

Pastry for 8 or 9-inch Two-Crust Pie (recipe, page 111)

8-Inch	9-Inch	
1-1/4 cups	1-1/2 cups	Lo-Mo Whole Pitted Prunes
2 cups	2-1/2 cups	Water
1/2 cup	2/3 cup	Sugar
1/8 tsp.	1/8 tsp.	Salt
2 tsp.	2-1/2 tsp.	Reconstituted Lemon Juice
4 Tbsp.	5 Tbsp.	Cornstarch
1/4 cup	1/4 cup	Cold Water

1. Prepare pastry. Preheat oven to 425° F.
2. Bring prunes, water, sugar and salt to a rolling boil; reduce heat, cover and simmer 10 minutes.
3. Disperse cornstarch in cold water; add to filling and continue cooking, stirring frequently, until thick and clear. Cool. Turn into pastry-lined pie pan. Cover with top crust which has slits cut in it; seal and flute. Cover with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake 25 to 30 minutes, or until crust is brown and juice begins to bubble through slits in crust.

VANILLA CREAM PIE

8 or 9-Inch Baked Pie Shell (recipe, page 111)

8-Inch	9-Inch	
1/2 cup	3/4 cup	Sugar
3 Tbsp.	1/4 cup	Cornstarch
6 Tbsp.	1/2 cup	Sifted Lo-Mo Powdered Egg Yolks
2 Tbsp.	1/4 cup	Lo-Mo Butter Mix , lightly packed
1/4 tsp.	1/2 tsp.	Salt
2 cups	3 cups	Reconstituted Lo-Mo Whole Milk
2 Tbsp.	2 Tbsp. + 2 tsp.	Lukewarm Water
2 tsp.	1 Tbsp.	Vanilla

1. Bake pie shell. Stir together sugar, cornstarch, egg yolk, butter and salt in saucepan.
2. Stir milk and lukewarm water into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 2 minutes.
3. Remove from heat. Blend in vanilla. Immediately pour into baked pie shell; press plastic wrap onto filling. Chill pie thoroughly, at least 2 hours. If desired serve with sweetened **Lo-Mo Whip Topping** or meringue.

Yield: 6 to 8 Servings.

VARIATIONS

Chocolate Cream Pie: Follow recipe for 9-inch pie except increase sugar to 1-1/2 cups and cornstarch to 1/3 cup. Stir 6 tablespoons sifted, unsweetened cocoa into sugar-cornstarch mixture.

Coconut Cream Pie: Follow recipe for 9-inch pie except decrease vanilla to 2 teaspoons and stir in 3/4 cup flaked coconut. Top with **Lo-Mo Whip Topping**. Sprinkle 1/4 cup flaked coconut over whip topping; chill and serve.

Banana Cream Pie: Follow recipe for 9-inch pie except rehydrate 1 cup **freeze-dried banana slices** for about 10 minutes; drain. Pour half of cooled vanilla cream filling into baked pie shell; arrange banana slices over filling. Cover with remaining filling.

Butterscotch Cream Pie: Follow recipe for 9-inch pie except substitute 1-1/2 cups raw or brown sugar (firmly packed) for the granulated sugar. Decrease vanilla to 1 teaspoon.

LEMON MERINGUE PIE

8 or 9-inch Baked Pie Shell (recipe, page 111)

8-Inch	9-Inch	
1-1/4 cups	1-2/3 cups	Sugar
3-1/2 Tbsp.	1/3 cup	Cornstarch
1/4 tsp.	1/4 tsp.	Salt
1-1/3 cups +	2 cups +	
2 Tbsp.	2 Tbsp.	Water
2 Tbsp.	3 Tbsp.	Lemon Juice Powder, dissolved in
2 Tbsp.	3 Tbsp.	Warm Water
2 drops	2 drops	Yellow Food Coloring, if desired
		Meringue for 8 or 9-inch Pie
		(see below)

1. Bake pie shell. Preheat oven to 400° F.
2. Mix together sugar, cornstarch and salt.
3. Stir water into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Immediately add reconstituted lemon juice; continue to boil and stir 2 minutes.
4. Remove from heat; stir in food coloring. Immediately pour into baked pie shell. Heap meringue onto hot pie filling; spread over filling; carefully seal meringue to edge of crust to prevent shrinking or weeping. Bake about 10 minutes, or until a delicate brown.

Yield: 6 to 8 Servings.

MERINGUE

8-Inch	9-Inch	
4 tsp.	2 Tbsp.	Sifted Lo-Mo Powdered Egg Whites
1/4 cup	6 Tbsp.	Lukewarm Water
1/4 tsp.	1/4 tsp.	Cream of Tartar
1/4 cup	6 Tbsp.	Sugar
1/4 tsp.	1/2 tsp.	Vanilla

1. Preheat oven to 400° F.
2. Sprinkle egg white over lukewarm water in a bowl; stir to moisten.
3. Add cream of tartar; beat until foamy. Beat in sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat. Beat in vanilla.
4. Spread meringue over hot filling, sealing to edge of pastry. Bake for about 10 minutes, or until a delicate brown.

Note: Before cutting a meringue-topped pie, dip knife in water. No need to dry.

MAGIC SWEET POTATO PIE

9-Inch Baked Pie Shell (recipe, page 111)

1-1/2 cups	Lo-Mo Yam Flakes
1-1/2 cups	Very Hot Water
1-1/3 cups	Granulated Sugar
6 Tbsp.	Lo-Mo Non-Dairy Creamer Mix
4-1/2 Tbsp.	Lo-Mo Non-Fat Dry Milk
3/4 cup	Hot Water
1/2 cup	Raw or Brown Sugar, firmly packed
1-3/4 tsp.	Cinnamon
3/4 tsp.	Nutmeg
1/2 tsp.	Ginger

1. Bake pie shell.
2. Combine thoroughly, yam flakes and water in large bowl with wire whip.
3. Mix granulated sugar, non-dairy creamer, milk and hot water until smooth and well blended. Add to yam mixture together with remaining ingredients; stir until mixture is smooth.
4. Pour into baked pie shell. Refrigerate at least three hours or until set. Serve garnished with vanilla-flavored **Lo-Mo Whip Topping**.

Yield: 8 Servings

Note: One can (15 ounces) sweetened condensed milk may be substituted for mixture of granulated sugar, non-dairy creamer, non-fat dry milk powder and hot water.

CUSTARD PIE

Pastry for 8 or 9-Inch Two-Crust Pie (recipe, page 111)

8-Inch	9-Inch	
1/2 cup	2/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1/2 cup	2/3 cup	Lukewarm Water
1/3 cup	2/3 cup	Sugar
1/4 tsp.	1/2 tsp.	Salt
1/4 tsp.	1/4 tsp.	Nutmeg
1-3/4 cups	2-2/3 cups	Reconstituted Lo-Mo Whole Milk
1 tsp.	1 tsp.	Vanilla

1. Prepare pastry. Preheat oven to 450° F.
2. Combine egg, lukewarm (not hot) water, sugar, salt, nutmeg, milk and vanilla; beat slightly until egg is thoroughly dissolved.
3. Pour into pastry-lined pie pan. (To prevent spills, place pie pan on oven rack or on open oven door to fill.) Bake 20 minutes. Reduce oven temperature to 350° F. Bake 8-inch pie 10 minutes longer and 9-inch 15 to 20 minutes longer, or until knife inserted halfway between center and edge comes out clean.

Yield: 6 to 8 Servings

LEMON CHIFFON PIE

9-inch Baked Pie Shell (recipe, page 111)

1/2 cup	Sugar
1 Tbsp.	Lo-Mo Unflavored Gelatin
1/2 cup	Sifted Lo-Mo Powdered Egg Yolks
3 Tbsp.	Lemon Juice Powder
1 cup + 3 Tbsp.	Lukewarm Water
2 Tbsp. + 2 tsp.	Sifted Lo-Mo Powdered Egg Whites
1/2 tsp.	Cream of Tartar
1/2 cup	Sugar

1. Bake pie shell. Stir together sugar, gelatin, egg yolk and lemon juice powder in saucepan.
2. Stir lukewarm water into sugar mixture. Cook over medium heat, stirring constantly, only until mixture boils. Place pan in bowl of ice and water or chill in refrigerator, stirring occasionally until mixture mounds slightly when dropped from spoon.
3. Sprinkle egg white over 1/2 cup lukewarm (not hot) water; stir to moisten. Add cream of tartar and beat until foamy. Beat in sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat.
4. Fold lemon mixture into meringue. Pile into baked pie shell. Chill at least 3 hours, or until set. Just before serving, top wedges with sweetened **Lo-Mo Whip Topping**.

Yield: 6 Servings

STRAWBERRY CHIFFON PIE

9-inch Baked Pie Shell (recipe, page 111)

1/2 cup	Sugar
1 Tbsp.	Lo-Mo Unflavored Gelatin
3 cups	Freeze-Dried Strawberries
2 Tbsp.	Sifted Lo-Mo Powdered Egg Whites
1/4 tsp.	Cream of Tartar
1/4 cup	Sugar
1 cup	Lo-Mo Whip Topping , (reconstituted and whipped)

1. Bake pie shell.
2. Presoak strawberries in 3 cups water until tender—about 1 hour; drain and reserve 3/4 cup liquid. Stir together 1/2 cup sugar and the gelatin in saucepan; stir in strawberries and reserved liquid. Cook over medium heat, stirring constantly, just until mixture boils.
3. Place pan in bowl of ice and water or chill in refrigerator, stirring occasionally, until mixture mounds slightly when dropped from spoon.
4. Sprinkle egg white over 6 tablespoons lukewarm (not hot) water; stir to moisten. Add cream of tartar and beat until foamy. Beat in 1/4 cup sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat.
5. Fold strawberry mixture into meringue and then whipped topping. Pile into baked pie shell. Chill at least 3 hours, or until set.

Yield: 6 Servings.



For **Flakier Pie Crusts** add a teaspoon of vinegar to the cold water in dough. Use milk instead of water in crusts to make them more tender and brown.

CAKES

PERMA-PAK'S BEST YELLOW CAKE

- | | |
|------------|--|
| 2 cups | Sifted All-Purpose Flour |
| 1-1/2 cups | Sugar |
| 3 tsp. | Baking Powder |
| 1 tsp. | Salt |
| 1/3 cup | Sifted Lo-Mo Powdered Whole Eggs |
| 1-1/2 cups | Lo-Mo Shortening Mix , lightly packed |
| 1 tsp. | Vanilla |
| 1-1/2 cups | Water |
1. Preheat oven to 375° F. Sift together flour, sugar, baking powder, salt and eggs into large bowl of electric mixer; add shortening and combine dry ingredients until mixture is uniform.
 2. Add vanilla and water; blend on low speed only until moistened, scraping bowl constantly.
 3. Beat on medium speed for 4 minutes (or 600 vigorous strokes by hand), scraping bowl frequently and guiding mixture into beaters.
 4. Pour batter into two greased and lightly floured 8 or 9 inch layer cake pans or a 13x9-inch oblong pan. Bake for 25 to 30 minutes or until cake springs back when lightly touched in center. Cool 10 minutes; remove from pans. Cool thoroughly.

SUNNY DAY CUPCAKES

1 cup	Sifted All-Purpose Flour
3/4 cup	Sugar
1-3/4 tsp.	Baking Powder
1/2 tsp.	Salt
1-1/4 cups	Lo-Mo Shortening Mix , lightly packed
2/3 cup	Water
1 tsp.	Vanilla
6 Tbsp.	Sifted Lo-Mo Powdered Egg Yolks

1. Preheat oven to 375° F. Into large mixing bowl, sift flour with sugar, baking powder and salt.
2. Add shortening, 1-1/2 teaspoons lukewarm water, milk and vanilla. At low speed of mixer, beat 30 seconds (or 75 vigorous strokes by hand), frequently scraping sides of bowl. At medium speed, beat 2 minutes (or 300 vigorous strokes by hand).
3. Add egg yolk and 2 tablespoons lukewarm (not hot) water; continue beating one minute longer (150 vigorous strokes by hand), or until batter is smooth.
4. Spoon batter into paper-lined cupcake pan cups, filling about 1/2 full. Bake 20 minutes, or until done. Cool slightly in pan. Remove from pan; cool completely.

Yield: About 16 Cupcakes

CUPCAKE TRICKS

Snowy Coconut Balls: Make "Sunny Day Cupcakes;" let cool. Remove paper-liners. Frost top and sides of cupcake with prepared **Lo-Mo Whip Topping** or with "White Mountain Frosting (recipe, page 133). Then roll in flaked coconut, coating well.

Honeycombs: Make "Sunny Day Cupcakes;" let cool. Dip top of cupcake into honey; sprinkle with finely chopped nuts.

DATE-NUT CUPCAKES

1 cup	Lo-Mo Date Nuggets
1-1/2 cups	Sifted All-Purpose Flour
1 tsp.	Baking Powder
1/2 tsp.	Salt
1-1/2 cups	Lo-Mo Shortening Mix , lightly packed
1 cup	Sugar
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1 tsp.	Vanilla
1 cup	Finely Chopped Nuts

1. Pour 1 cup hot water over date nuggets in medium bowl; let stand 20 minutes. Do not drain.
2. Sift flour with baking powder, soda and salt; set aside.
3. Preheat oven to 375° F. In large mixing bowl, combine shortening, sugar, egg and vanilla; add 1/3 cup plus 1 tablespoon lukewarm (not hot) water and beat at high speed of mixer for five minutes (or 750 vigorous strokes by hand), frequently scraping sides of bowl.
4. At low speed, beat in flour mixture (in fourths), alternately with date mixture (in thirds), beginning and ending with flour mixture; beat only until smooth. Stir in nuts.
5. Spoon batter into paper-lined cupcake-pan cups, filling each about 2/3 full. Bake 20 to 25 minutes, or until done. Cool slightly in pan. Remove from pan; cool completely. Serve plain or frost, if desired, with "Maple Nut or other frosting (recipes, pages 131-133).

Yield: 12 to 16 Cupcakes

SILVER WHITE CAKE

2 cups	Sifted All-Purpose Flour
2-1/2 tsp.	Baking Powder
1 tsp.	Salt
1-1/4 cups	Lo-Mo Shortening Mix , lightly packed
1-1/3 cups	Sugar
1-1/2 tsp.	Vanilla
1 cup + 2 Tbsp.	Reconstituted Lo-Mo Milk
3 Tbsp. + 1 tsp.	Sifted Lo-Mo Powdered Egg Whites

1. Sift together flour, baking powder and salt; set aside.
2. Add 2 tablespoons plus 1 teaspoon lukewarm water to shortening in large mixing bowl; blend until smooth and of a soft shortening consistency. Add sugar and vanilla; beat at high speed of mixer for 5 minutes (or 750 vigorous strokes by hand), scraping bowl frequently and guiding mixture into beaters.
3. At low speed blend in flour mixture (in fourths) alternately with milk (in thirds), beginning and ending with flour mixture; beat only until smooth.
4. Preheat oven to 375° F. Sprinkle egg white over 2/3 cup lukewarm water (not hot); stir to moisten. Beat at high speed until soft peaks form. Add to batter and beat only until smooth—about 1 minute.
5. Pour batter into two greased and lightly floured 8 or 9 inch round layer cake pans, or a 13x9x2 inch oblong pan. Bake layers 25 to 30 minutes; bake oblong 30 to 35 minutes, or until done. Cool in pans about 10 minutes. Remove from pans; cool thoroughly.

Note: For cupcakes, pour batter into paper-lined cupcake pan cups, filling each about 1/2 full. Bake 20 minutes.

Yield: 1-1/2 to 2 Dozen

FAVORITE SPICE CAKE

2 cups	Sifted All-Purpose Flour
3/4 tsp.	Baking Powder
1 tsp.	Baking Soda
1 tsp.	Salt
1 tsp.	Cinnamon
1/2 tsp.	Cloves
1/8 tsp.	Pepper
1-1/2 cups	Lo-Mo Shortening Mix , lightly packed
1 cup + 2 Tbsp.	Granulated Sugar
1/2 cup	Raw or Brown Sugar, firmly packed
1/3 cup	Lo-Mo Powdered Whole Eggs , sifted
1 tsp.	Vanilla
1 cup + 5 Tbsp.	Water to which has been added 4 tsp. Lemon Juice or Vinegar

1. Sift together flour, baking powder, soda, salt, cinnamon, cloves and pepper; set aside.
2. Preheat oven to 375° F. In large bowl combine shortening, sugars, egg and vanilla; add 1/3 cup plus 1 tablespoon lukewarm (not hot) water and beat at high speed of mixer for 5 minutes (or 750 vigorous strokes by hand), scraping bowl occasionally and guiding mixture into beaters.
3. At low speed, beat in flour mixture (in fourths) alternately with the water mixture (in thirds), beginning and ending with flour mixture; beat only until smooth. Let batter stand 5 to 10 minutes before turning into pans.
4. Pour batter into two greased and lightly floured 8 or 9 inch round layer cake pans, or a 13x9x2 inch oblong pan. Bake layers 25 to 30 minutes; bake oblong about 30 minutes, or until done. Cool in pans about 10 minutes. Remove from pans; cool thoroughly.

VARIATION:

Maple Spice Cake: Reduce vanilla to 1/2 teaspoon and add 2 teaspoons maple flavoring.

ANGELFOOD CAKE

1 cup	Sifted Cake Flour*
3/4 cup + 2 Tbsp.	Sugar
1/2 cup	Sifted Lo-Mo Powdered Egg Whites
1-1/2 tsp.	Cream of Tartar
1/4 tsp.	Salt
3/4 cup	Sugar
1-1/2 tsp.	Vanilla
1/2 tsp.	Almond Extract (optional)

1. Sift together flour and first amount of sugar; set aside.
2. In large bowl, sprinkle egg white over 1-1/2 cups lukewarm (not hot) water; stir to moisten. Add salt and cream of tartar. Beat until foamy. Add second amount of sugar, 2 tablespoons at a time, beating on high speed of mixer until meringue holds stiff peaks. Gently fold in flavorings.
3. Sprinkle flour-sugar mixture, 1/4 cup at a time, over meringue, folding in gently just until flour-sugar mixture disappears.
4. Push batter into ungreased tube pan, 10x4-inches. Gently cut through batter. Bake 30 to 35 minutes, or until top springs back when touched lightly with finger. Invert tube pan; let hang until cake is completely cool.

*In an emergency bread flour can often be used in place of cake flour. Use 7/8 cup of bread flour plus 2 tablespoons of cornstarch to equal 1 cup of cake flour.

BLACK MIDNIGHT CAKE

1-3/4 cups	Sifted All-Purpose Flour
2/3 cup	Unsweetened Cocoa
1-1/4 tsp.	Baking Soda
1 tsp.	Salt
1-1/2 cups	Lo-Mo Shortening Mix , lightly packed
1-1/3 cups	Sugar
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1 tsp.	Vanilla
1-3/4 cups	Water, to which has been added 4 teaspoons Lemon Juice or Vinegar

1. Sift together flour, cocoa, soda and salt; set aside.
2. Preheat oven to 350° F. In large bowl, combine shortening, sugar, egg and vanilla; add 1/3 cup plus 1 tablespoon lukewarm (not hot) water and beat at high speed of mixer for 5 minutes (or 750 vigorous strokes by hand), scraping bowl occasionally and guiding mixture into beaters.
3. At low speed, blend in flour mixture (in fourths) alternately with water mixture (in thirds) beginning and ending with flour mixture; beat only until smooth. Let batter stand 5 to 10 minutes before turning into pans.
4. Pour batter into two greased and lightly floured 8 or 9 inch round layer cake pans, or a 13x9x2 inch oblong pan. Bake layers 30 to 35 minutes; bake oblong about 40 minutes, or until done. Cool in pans about 10 minutes. Remove from pans; cool thoroughly. Frost with "White Mountain Frosting" (recipe, page 133)

Note: For cupcakes, pour batter into paper-lined cupcake pan cups, filling each about 1/2 full. Bake 20 minutes.

Yield: 1-1/2 to 2 Dozen

APPLE CAKE DESSERT

1-3/4 cups
3 cups
3 cups
2 tsp.
1-1/2 tsp.
1 tsp.
1 tsp.
1/2 cup
2 cups
2/3 cup
1 tsp.

Lo-Mo Apple Slices
Water
Sifted All-Purpose Flour
Cinnamon
Nutmeg
Salt
Baking Soda
Sifted **Lo-Mo Powdered Whole Eggs**
Raw or Brown Sugar, firmly packed
Cooking Oil
Vanilla
Butterscotch Topping (recipe, page 130)

1. Bring apples and water to a boil; reduce heat, cover and simmer 20 minutes, or until tender. Drain thoroughly; cool and dice. Set aside until ready to use.
2. Sift together flour, cinnamon, nutmeg, salt, soda into large bowl.
3. Preheat oven to 350° F. Add egg, 1/2 cup lukewarm (not hot) water, oil and vanilla to dry ingredients. Beat 1/2 minute on low speed of mixer (or 75 strokes by hand), scraping bowl constantly. Beat 3 minutes on high speed (or 450 strokes by hand), scraping bowl occasionally.
4. With spoon, fold in apples. Pour batter into greased and lightly floured 9x13x2 pan. Bake 60 to 70 minutes. Serve warm with "Butterscotch Topping."

FRUIT GALAXY UPSIDE-DOWN CAKE

3/4 cup
3/4 cup
1/2 cup

1/2 cup
3 Tbsp.

Lo-Mo Fruit Galaxy
Boiling Water
Lo-Mo Butter Mix or Lo-Mo Shortening Mix, lightly packed
Raw or Brown Sugar, firmly packed
Corn Syrup

Cake:

1 cup
1-1/4 tsp.
1/4 tsp.
1 cup + 2 Tbsp.
1/2 cup
2-1/2 Tbsp.
1/2 tsp.
1/2 tsp.
1/4 cup

Sifted All-Purpose Flour
Baking Powder
Salt
Lo-Mo Shortening Mix, lightly packed
Granulated Sugar
Sifted **Lo-Mo Powdered Whole Eggs**
Vanilla
Almond Extract
Reconstituted **Lo-Mo Powdered Milk**

1. Arrange fruit galaxy in bottom of lightly greased 9x9x2-inch baking dish; pour boiling water over fruit.
2. Add butter, brown sugar and corn syrup; stir until thoroughly dissolved.
3. To prepare cake, sift together flour, baking powder and salt; set aside.
4. Preheat oven to 350° F. In large mixing bowl combine shortening, sugar, egg and vanilla; add 3 tablespoons plus 1-1/2 teaspoons lukewarm (not hot) water and beat at high speed of mixer for 5 minutes (or 750 vigorous strokes by hand), scraping bowl frequently and guiding mixture into beaters.
5. At low speed, beat in flour mixture (in fourths) alternately with milk (in thirds), beginning and ending with flour mixture; beat only until smooth.
6. Pour batter over fruit. Bake for 35 to 40 minutes, or until done. Loosen edges of cake; let stand 5 minutes. Invert on serving plate. Serve warm; top with **Lo-Mo Whip Topping**, if desired.

FROSTINGS & TOPPINGS

JUBILEE TOPPING

1/2 cup	Lo-Mo Fruit Galaxy
3/4 cup	Water
1/2 cup	Sugar
3/4 tsp.	Cornstarch
1 Tbsp.	Cold Water
1/2 tsp.	Reconstituted Lemon Juice
1/2 cup	Chopped Nuts (optional)

1. Bring Fruit Galaxy and water to a boil; reduce heat, cover and simmer for 3 minutes.
2. Stir in sugar. Combine cornstarch and cold water; stir to suspend starch. Add to Fruit Galaxy. Bring to boiling point, stirring constantly, until thick and almost clear. Boil 1 minute.
3. Remove from heat; stir in lemon juice. Cool and serve as a topping for ice cream, cake or pudding. Add nuts directly to topping or sprinkle over topping separately.

Yield: Approximately 1 Cup

FRUIT-FLAVORED SAUCE

1 cup	Perma-Pak Drink Mix (any flavor)
2 Tbsp.	Cornstarch
1/2 cup	Sugar
1 cup	Cold Water

1. In saucepan, combine all ingredients. Bring to boiling point; boil, stirring constantly, until thickened and almost clear—5 to 8 minutes.
2. Serve warm or cold on ice cream, puddings, cakes, etc.

Yield: 1-3/4 Cups

FRUIT FLAVORED FILLING OR TOPPING

1/2 cup + 1 Tbsp.	Cherry-, Raspberry- or Blueberry- Flavored Lo-Mo Apple Nuggets
	Pinch Salt
1 cup	Sugar
2 cups	Water
3 Tbsp.	Cornstarch
1/4 cup	Cold Water

1. In a saucepan, combine nuggets, salt, sugar and 2 cups water. Bring to a boil; reduce heat and simmer 2 to 3 minutes.
2. Combine cornstarch with 1/4 cup cold water; stir to suspend starch. Add to mixture and cook over medium heat, stirring constantly, until almost clear and boiling. Boil and stir 1 minute. May be used as a filling for turnovers, tarts or pie or a topping for ice cream or cake.

Yield: 2-2/3 cups.

BUTTERSCOTCH TOPPING

1 cup	Raw or Brown Sugar, firmly packed
1 cup	Granulated Sugar
1/4 cup	Flour
2 cups	Lo-Mo Butter Mix , lightly packed
2 cups + 2 Tbsp.	Water
1 tsp.	Vanilla.

1. Mix sugars, flour and butter in large saucepan; add water and cook over **medium** heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
2. Remove from heat; stir in vanilla. Pour over cake while both are still warm.

COFFEE BUTTER FROSTING

2/3 cup	Lo-Mo Butter Mix , lightly packed
3-1/2 cups	Sifted Powdered Sugar
1 Tbsp.	Instant Coffee
3 - 4 Tbsp.	Reconstituted Lo-Mo Whole Milk , heated
1 tsp.	Vanilla or Rum Extract or Brandy Flavoring

1. In medium bowl, rehydrate butter with 2 teaspoons lukewarm water; blend until smooth and of a soft-butter consistency. Add sugar, coffee, 2 tablespoons hot milk and vanilla; combine well.
2. With electric mixer at medium speed, or wooden spoon, beat mixture until smooth and fluffy.
3. If frosting seems too thick to spread, gradually beat in a little more hot milk.

Makes enough to fill and frost an 8-inch or 9-inch two-layer cake.

Mocha-Spice Frosting: Make "Coffee Butter Frosting," reducing amount of sugar to 3 cups; add 1 teaspoon cinnamon, 1/2 teaspoon nutmeg and 2 tablespoons sifted unsweetened cocoa.

VANILLA BUTTER FROSTING

2/3 cup	Lo-Mo Butter Mix , lightly packed
3-1/2 cups	Sifted Powdered Sugar
3 to 4 Tbsp.	Reconstituted Lo-Mo Whole Milk
1-1/2 tsp.	Vanilla, or 1 tsp. Vanilla and 1/4 tsp. Almond Extract

1. In medium bowl, rehydrate butter with 2 teaspoons lukewarm water; blend until smooth and of a soft-butter consistency. Add sugar, 3 tablespoons milk and vanilla; beat with electric mixer at medium speed, or with wooden spoon, until smooth and fluffy.
2. If frosting seems too thick to spread, gradually beat in a little more milk.

Makes enough to fill and frost an 8-inch or 9-inch two-layer cake; or to frost top of 13x9x2-inch cake.

VARIATIONS

Maple Nut Butter Frosting: Substitute 1/2 cup maple flavored syrup for the vanilla and milk; stir in 1/4 cup finely chopped nuts.

Cocoa Butter: Add 1/3 cup sifted unsweetened cocoa with the sugar; reduce sugar to 2-1/2 cups.

Mocha Butter Frosting: Prepare "Cocoa Butter Frosting" (above); blend in 1-1/2 teaspoons powdered instant coffee with sugar.

Peppermint: After beating "Vanilla Butter Frosting," stir in 1/4 to 1/2 teaspoon peppermint extract. If desired, tint with a few drops of red or green food color.

QUICK FUDGE FROSTING

1 cup	Granulated Sugar
1/4 cup	Sifted Unsweetened Cocoa
1/2 cup	Lo-Mo Butter Mix , lightly packed
1/2 cup + 2 tsp.	Reconstituted Lo-Mo Powdered Milk
2 Tbsp.	Light Corn Syrup
1 - 1-1/2 cups	Sifted Powdered Sugar
	Pinch Salt
1 tsp.	Vanilla

1. Mix granulated sugar, cocoa and butter in medium saucepan.
2. Add milk, corn syrup and salt; heat to boiling, stirring frequently. Boil vigorously 3 minutes, stirring occasionally. Cool.
3. Beat in powdered sugar and vanilla.

Makes enough to frost top and side of 8-inch or 9-inch two-layer cake; or top of 13x9x2 inch cake.

COCONUT PECAN FROSTING

1/2 cup	Lo-Mo Powdered Whole Milk
1 cup	Sugar
6 Tbsp.	Sifted Lo-Mo Powdered Egg Yolks
1 cup	Lo-Mo Butter Mix , lightly packed
1 tsp.	Vanilla
1 cup + 3 Tbsp.	Lukewarm Water
1-1/2 cups	Flaked Coconut
1 cup	Chopped Pecans

1. Combine milk, sugar, egg yolk, butter, vanilla and water in medium saucepan. Cook over medium heat, stirring constantly, until mixture thickens—about 12 minutes. Remove from heat.
2. Add coconut and pecans; beat. Cool until thick enough to spread.

Yield: 2-1/2 cups

FLAVORED WHIPPED TOPPINGS

Beat 1 cup **Lo-Mo Whip Topping Mix** as directed on package label; add 3 tablespoons granulated or powdered sugar and beat until stiff. (If topping appears too stiff, add a little cold water while still whipping.) Add one of the following during the last minute of beating:

1/2 tsp.	Cinnamon
1/2 tsp.	Nutmeg
1 tsp.	Vanilla
1/2 tsp.	Rum Flavoring

1/2 tsp.

1/2 tsp.

1/4 tsp.

Almond Extract

Peppermint Extract

Maple Flavoring

Yield: About 3 cups.

NOTE: If using dry flavorings, combine with dry topping mix before adding water.

WHITE MOUNTAIN FROSTING

(Old-Fashioned Boiled Frosting)

4 tsp.

2 cups

1/8 tsp.

1 tsp.

1 tsp.

Sifted **Lo-Mo Powdered Egg Whites**

Sugar

Salt

Vinegar

Vanilla

1. In medium saucepan, combine sugar, salt and vinegar with 1 cup water. Cook, stirring over medium heat, until sugar is dissolved and syrup is clear.
2. Continue cooking over medium heat, without stirring, to 248° F. on candy thermometer, or until syrup spins a thin thread 6 to 8 inches long, when dropped from tip of spoon.
3. Meanwhile, sprinkle egg white over 1/4 cup lukewarm (not hot) water in medium bowl. Stir to moisten. Beat at medium speed of mixer until soft peaks form when beater is slowly raised.
4. With mixer at high speed, gradually pour hot syrup in a thin stream over egg whites, beating constantly.
5. Add vanilla; continue beating until stiff peaks form when beater is slowly raised and frosting is thick enough to spread.

Makes enough to fill and frost an 8-inch or 9-inch two-layer cake.

BANANA NUT FROSTING

2/3 cup

3-1/2 cups

1/3 cup

1/2 tsp.

Lo-Mo Butter Mix, lightly packed

Sifted Powdered Sugar

Rehydrated **Lo-Mo Banana Flakes**

Reconstituted Lemon Juice

Finely Chopped Nuts

1. In medium bowl rehydrate butter with 2 teaspoons lukewarm water; blend until smooth and of a soft butter consistency.
2. Add sugar, rehydrated banana flakes and lemon juice; beat with electric mixer or with wooden spoon until smooth and fluffy.
3. Sprinkle finely chopped nuts over cake.

Makes enough to fill and frost an 8-inch or 9-inch two layer cake; or to frost top of 13x9x2-inch cake.

COOKIES

COCONUT MACAROONS

4 tsp.	Sifted Lo-Mo Powdered Egg Whites
	Dash Salt
1/2 tsp.	Vanilla
2/3 cup	Sugar
1-1/3 cups	Flaked Coconut

1. Preheat oven to 325° F.
2. Add egg whites and salt to 1/4 cup lukewarm (not hot) water in medium bowl; stir to moisten, then beat until soft peaks form. Gradually add sugar, beating until stiff but not dry. Add the vanilla.
3. Fold in coconut.
4. Drop by rounded teaspoonsful onto greased baking sheet, about 2 inches apart. Bake about 20 minutes. Let cool several minutes before removing from pan.

Yield: About 1-1/2 Dozen

MAPLE PECAN CRUNCHIES

1 cup	Lo-Mo Butter Mix , lightly packed
6 Tbsp.	Raw or Brown Sugar, firmly packed
6 Tbsp.	Granulated Sugar
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
1/2 tsp.	Vanilla
1/2 tsp.	Maple Flavoring
1-1/4 cups	Sifted All-Purpose Flour
1 tsp.	Baking Powder
1/4 tsp.	Baking Soda
1/4 tsp.	Salt
1 cup	Chopped Pecans

1. Preheat oven to 400° F.
2. Combine butter, sugars and egg; add 1/3 cup lukewarm water and beat until creamy and smooth. Add vanilla and maple flavoring.
3. Sift together flour, baking powder, soda and salt; blend thoroughly into creamed mixture. Stir in pecans.
4. Drop by teaspoonsful onto lightly greased baking sheet, about two inches apart. Bake 8 to 10 minutes. Cool slightly before removing from pan.

Yield: About 2-1/2 Dozen

KINGSIZE GINGERSNAPS

1-1/4 cups	Lo-Mo Shortening Mix , lightly packed
1 cup	Raw or Brown Sugar, firmly packed
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
1/2 cup	Light Molasses
2-1/4 cups	Sifted All-Purpose Flour
2 tsp.	Baking Soda
1 tsp.	Cinnamon
1 tsp.	Ginger
1/2 tsp.	Cloves
1/4 tsp.	Salt
1 Tbsp.	Granulated Sugar
1 tsp.	Cinnamon

1. Combine shortening, sugar, egg and molasses in large bowl, add 1/4 cup lukewarm (not hot) water and mix thoroughly.
2. Sift flour with soda, cinnamon, ginger, cloves and salt; gradually stir into other ingredients until well blended. Cover; chill 1 hour.
3. Preheat oven to 375° F. Shape dough into 1-1/2-inch balls. Place 3 inches apart on greased baking sheet. Flatten with fingers; sprinkle with cinnamon and sugar mixture. Bake 10 to 12 minutes or until set but not hard. Let stand several minutes before removing from pan. These keep wonderfully in air-tight container.

Yield: 1-1/2 to 2 Dozen

NO-BAKE OATMEAL COOKIES

1/4 cup	Lo-Mo Nonfat Milk
1-1/2 cups	Raw or Brown Sugar, firmly packed
1/4 cup	Lo-Mo Cocoa Mix
1 cup	Lo-Mo Butter Mix , lightly packed
1 cup	Lo-Mo Date Nuggets , or Chopped Nuts
1 cup	Lo-Mo Seedless Grapes
1/4 tsp.	Salt
1/2 cup	Lo-Mo Peanut Butter
3-1/2 cups	Uncooked Quick Rolled Oats
2 tsp.	Vanilla
1 cup	Shredded Coconut (optional)

1. Combine milk, cocoa mix, butter, date nuggets (if using chopped nuts, add at the end with the oats), seedless grapes, salt, peanut butter and 1 cup plus 3 tablespoons water in medium saucepan. Bring to a boil, stirring occasionally, for 1 minute. Remove from heat.
2. Stir in oats, vanilla and coconut. Drop mixture by tablespoonfuls on to waxed paper; let stand until set. Store in refrigerator, if desired.

Yield: About 3-1/3 Dozen

PEANUT BUTTER COOKIES

1 cup + 2 Tbsp.
1-1/2 cups
1/2 cup
1/2 cup
2-1/2 Tbsp.
1-1/4 cups
3/4 tsp.
1/2 tsp.
1 tsp.
1/2 tsp.
1/2 cup

Lo-Mo Shortening Mix, lightly packed
Lo-Mo Peanut Butter Mix, lightly packed
Granulated Sugar
Raw or Brown Sugar, Packed
Sifted **Lo-Mo Powdered Whole Eggs**
Sifted All-Purpose Flour
Baking Soda
Baking Powder
Ginger
Salt
Chopped Peanuts (optional)

1. Combine shortening, peanut butter, granulated sugar, brown sugar and egg in large bowl; add 1/2 cup lukewarm (not hot) water and mix thoroughly.
2. Sift together flour, soda, baking powder, ginger and salt; blend into other ingredients. Add peanuts. Cover and chill for about 1 hour.
3. Preheat oven to 375° F. Shape dough into 1-1/4-inch balls. Place about 3 inches apart on greased baking sheet. With fork dipped in flour, flatten in crisscross pattern to 2-inch diameter. Bake 10 to 12 minutes or until set but not hard. Cool slightly before removing from pan.

Yield: About 3 Dozen, 2-inch diameter

CHEWY OATMEAL DROPS

2 tsp.
1/3 cup
1/3 cup
1-1/2 cups
1 tsp.
1/2 tsp.
1-2/3 cups
1 cup
1 cup
1 tsp.
3 cups
1/2 to 1 cup

Lo-Mo Unflavored Gelatin
Cold Water
Boiling Water
Sifted All-Purpose Flour
Baking Soda
Salt
Lo-Mo Shortening Mix, lightly packed
Granulated Sugar
Raw or Brown Sugar, firmly packed
Vanilla
Rolled Oats
Lo-Mo Seedless Grapes (optional)

1. Place cold water in medium bowl; beat in gelatin. Add boiling water and beat until gelatin is dissolved. Place in freezer until thick but not set.
2. Add 1 tablespoon plus 2 teaspoons lukewarm water to shortening and sugars; beat until creamy and well blended.
3. Beat thickened gelatin until light and frothy. Add to sugars and shortening; beat.

4. Preheat oven to 375° F. Sift flour with soda and salt into other ingredients; mix thoroughly. Blend in vanilla, oats and grapes.
5. Drop batter by rounded teaspoonsful, about two inches apart, onto lightly greased baking sheet. Bake about 18 minutes, or until golden brown and set. Let stand several minutes before removing from pan.

Yield: About 3-2/3 Dozen

Submitted by: Mrs. David E. Myers
Tooele, Utah

LUSCIOUS APRICOT SQUARES

2/3 cup	Lo-Mo Apricot Slices
1 cup	Lo-Mo Butter Mix , lightly packed
1/4 cup	Granulated Sugar
1-1/3 cups	Sifted All-Purpose Flour
1/2 tsp.	Baking Powder
1/4 tsp.	Salt
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1 cup	Raw or Brown Sugar, firmly packed
1/2 tsp.	Vanilla
1/2 cup	Chopped Nuts (optional)

1. Cover apricots with water; boil 10 minutes. Drain; cool; chop. Preheat oven to 350° F.
2. Rehydrate butter with 2-1/2 teaspoons lukewarm water; blend until smooth and of a soft butter consistency. (Be patient! Butter takes several minutes to absorb moisture.) Add granulated sugar and 1 cup flour; mix until crumbly. Pack firmly into greased 8x8x2-inch pan. Bake 25 minutes.
3. Sift together 1/3 cup flour, baking powder and salt. In large bowl, dissolve eggs in 1/3 cup lukewarm (not hot) water; beat well. Gradually beat brown sugar into eggs; mix in flour mixture, then vanilla. Stir in nuts and apricots. Spread over baked layer. Bake 40 to 45 minutes, or until done. Cool completely; cut into squares.

Yield: 16 Squares

For a **Sprinkle Topping** from **Lo-Mo Breakfast Drink** combine 2 tablespoons with 1/3 cup sugar and 1/8 teaspoon cinnamon. Sprinkle over buttered toast, cereal, or warm cookies.

CHOCOLATE MPF DROPS

1 cup + 2 Tbsp.
1 cup
2-1/2 Tbsp.
1 tsp.
1-1/2 cups
3/4 tsp.
1/4 tsp.
1/2 cup
3/4 tsp.
1/2 cup
3/4 cup

Lo-Mo Shortening Mix, lightly packed
Sugar
Sifted **Lo-Mo Powdered Whole Eggs**
Vanilla
Sifted **Multi-Purpose Food (MPF)**
Baking Powder
Baking Soda
Unsweetened Cocoa
Salt
Water, or Reconstituted **Lo-Mo Milk**
Lo-Mo Seedless Grapes, or Chopped
Nuts (optional)

1. Preheat oven to 350° F.
2. Combine shortening, sugar and egg; add 3 tablespoons plus 2 teaspoons lukewarm (not hot) water and beat until creamy and well blended. Add vanilla.
3. Sift together flour, MPF, baking powder, baking soda, cocoa and salt; add alternately with liquid to creamed mixture. Stir in grapes.
4. Drop by tablespoonsful onto greased baking sheet, about 3 inches apart. Bake 15 to 18 minutes. Cool slightly before removing from pan.

Yield: 3 to 3-1/2 Dozen

WHEAT GERM BARS

3/4 cup
1/2 tsp.
1/2 tsp.
1/2 tsp.
1/3 cup
1 cup
1/4 cup
1/4 cup
3/4 cup
1/2 cup

Sifted All-Purpose Flour
Baking Powder
Salt
Cinnamon
Sifted **Lo-Mo Powdered Whole Eggs**
Raw or Brown Sugar, firmly packed
Cooking Oil
Honey
Wheat Germ
Chopped Nuts (optional)

1. Sift flour with baking powder, salt and cinnamon into large bowl.
2. Preheat oven to 350° F. Rehydrate egg in 1/3 cup lukewarm (not hot) water; slightly beat. Combine egg, brown sugar, oil, honey and wheat germ. Blend into flour mixture, a little at a time. Add nuts.
3. Bake in lightly greased and floured 9x9x1-3/4 inch baking pan for 40 to 45 minutes. Cool completely. With knife dipped in flour, cut into bars.

Yield: 24 Bars

DELUXE SUGAR COOKIES

2 cups	Lo-Mo Butter Mix , lightly packed
1-1/2 cups	Powdered Sugar
2-1/2 Tbsp.	Sifted Lo-Mo Powdered Whole Eggs
1 tsp.	Vanilla
1/2 tsp.	Almond Extract
2-1/2 cups	Sifted All-Purpose Flour
1/4 tsp.	Salt
1 tsp.	Baking Soda
1 tsp.	Cream of Tartar
	Granulated Sugar

1. Mix thoroughly butter, sugar and eggs; add 6 tablespoons plus 2 teaspoons lukewarm (not hot) water and beat until creamy and well blended. Add vanilla and almond.
2. Sift together flour, salt, soda and cream of tartar; gradually blend into other ingredients. (Dough should be soft but not too sticky.)
3. Form dough into ball. Wrap in waxed paper and refrigerate several hours or overnight.
4. Preheat oven to 375° F. Divide dough in half. Roll each half about 3/16-inch thick on lightly floured surface. Cut into desired shapes; sprinkle with granulated sugar. Place on lightly greased baking sheet, about 2 inches apart.
5. Bake 7 to 8 minutes, or until light brown on edge. Let stand several minutes before removing from pan.

Yield: About 4 Dozen, 2 to 2½-inch diameter

SNICKERDOODLES

1 cup	Lo-Mo Butter Mix , lightly packed
1 cup + 2 Tbsp.	Lo-Mo Shortening Mix , lightly packed
1-1/2 cups	Sugar
1/3 cup	Sifted Lo-Mo Powdered Whole Eggs
1 tsp.	Vanilla
2-3/4 cups	Sifted All-Purpose Flour
2 tsp.	Cream of Tartar
1 tsp.	Baking Soda
1/4 tsp.	Salt
2 Tbsp.	Sugar
2 tsp.	Cinnamon

1. Combine thoroughly butter, shortening, sugar and egg; add 1/2 cup lukewarm (not hot) water and beat until creamy and well blended. Add vanilla.

2. Sift together flour, cream of tartar, soda and salt; gradually blend into other ingredients until a soft (but not too sticky) dough is formed. Cover dough and chill for one-half hour.
3. Preheat oven to 400° F. Shape dough into 1-inch balls.
4. Mix together sugar and cinnamon; roll balls in mixture and place about 2 inches apart on lightly greased baking sheet. Bake 8 to 10 minutes. Cool one to two minutes before removing from pan.

Yield: About 6 Dozen

PUDDINGS & WHIPPED

OLD-FASHIONED CORNSTARCH PUDDING

1/3 cup	Sugar
2 Tbsp.	Cornstarch
1/4 cup	Sifted Lo-Mo Powdered Egg Yolks
2 Tbsp.	Lo-Mo Butter Mix
1/8 tsp.	Salt
2 cups	Reconstituted Lo-Mo Whole Milk
2 tsp.	Vanilla

1. Blend sugar, cornstarch, egg yolk, butter and salt in saucepan.
2. Stir milk and 4 teaspoons lukewarm water into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir for 2 minutes.
3. Remove from heat; stir in vanilla. Pour into dessert dishes. Cool slightly and chill.

Yield: 4 Servings

VARIATIONS:

Chocolate: Increase sugar to 1/2 cup and stir 1/3 cup sifted unsweetened cocoa into sugar-cornstarch mixture.

Butterscotch: Substitute 2/3 cup brown sugar (firmly packed) for the granulated sugar and decrease vanilla to 1/2 teaspoon.

Banana: Make as for cornstarch pudding. Rehydrate 2/3 cup **Freeze-Dried banana slices** for about 10 minutes; drain. Stir into pudding.*

Coconut: Make as for cornstarch pudding, adding from 1/2 to 1 cup dry shredded coconut. Also, use 1/4 teaspoon almond extract and reduce vanilla extract to 1 teaspoon.

*Hint: Rehydrated bananas may be dipped in lemon juice prior to using to prevent discoloration.

BAKED CUSTARD

1/2 cup	Sifted Lo-Mo Powdered Whole Eggs
1/3 cup	Sugar
	Pinch Salt
1 tsp.	Vanilla
2-1/2 cups	Reconstituted Lo-Mo Whole Milk , scalded
	Nutmeg

1. Preheat oven to 350° F. Mix together egg, sugar, salt and vanilla; add 1/2 cup lukewarm (not hot) water and blend until egg is completely dissolved. Gradually stir in scalded milk.
2. Pour into six 6-ounce custard cups. Sprinkle with nutmeg. Place cups in baking pan, 13x9x2 inches; pour very hot water into pan to within 1/2 inch of tops of cups.
3. Bake about 30 to 40 minutes, or until knife inserted halfway between center and edge comes out clean.
4. Remove cups from water. Serve warm or chilled. To unmold chilled custard, first loosen edge; slip point of knife down side to let air in. Invert.

Note: For one large custard, bake in 1-quart casserole about 60 minutes, or until done.

BAKED WHEAT PUDDING

1/2 cup	Sifted Lo-Mo Powdered Whole Eggs
1/2 cup	Lukewarm Water
3 cups	Reconstituted Lo-Mo Whole Milk
1 cup	Lo-Mo Seedless Grapes (optional)
2 cups	Cooked Cracked Wheat Cereal, salted (recipe, page 106)
1/4 cup	Honey
1/4 tsp.	Nutmeg or Mace
1/8 tsp.	Salt

1. Preheat oven to 325° F. Rehydrate egg in lukewarm water; beat slightly.
2. Add remaining ingredients; mix until thoroughly combined. Pour into a greased 2-quart casserole; bake for 45 minutes to 1 hour or until set. Serve hot or cold with sweetened whipped topping or fruit.

Yield: 6 to 8 Servings

CREAMED TAPIOCA

1/3 cup	Small Pearl Tapioca
2 cups	Reconstituted Lo-Mo Whole Milk
1/2 cup + 2 Tbsp.	Sugar
1/4 tsp.	Salt
1/4 cup	Sifted Lo-Mo Powdered Egg Yolks
4 tsp.	Sifted Lo-Mo Powdered Egg Whites
1 tsp.	Vanilla

1. Soak tapioca overnight in cold water to cover; drain.
2. Mix milk, 1/4 cup plus 1 tablespoon sugar, salt and tapioca in top of double boiler. Cook over hot water until tapioca is transparent—about 1 to 1-1/2 hours.
3. Rehydrate egg yolk in 4 teaspoons lukewarm (not hot) water; beat slightly. Carefully stir some tapioca mixture into yolk; add to remaining mixture and continue cooking until thickened.
4. Add egg white to 2 tablespoons lukewarm (not hot) water; beat until soft peaks form. Add remaining 1/4 cup plus 1 tablespoon sugar gradually, beating thoroughly after each addition. Fold into tapioca mixture. Add vanilla and chill.

Yield: 5 to 6 Servings

VARIATIONS:

Lemon Tapioca: Increase tapioca to 1/2 cup. Substitute 1-1/2 cups water and 1/2 cup reconstituted lemon juice powder for milk. Omit vanilla in tapioca cream. Lastly, add 2 to 3 drops yellow food coloring.

Coconut Tapioca: Add 2/3 cup dry shredded coconut to tapioca cream mixture. Reduce sugar 1 tablespoon. Also, use 1/4 teaspoon almond extract and reduce vanilla extract to 1/2 teaspoon.

Nut Tapioca: Add 1/4 cup chopped nuts to tapioca cream.

TOPSY-TURVY FRUIT GALAXY PUDDING

1 pkg.	Lo-Mo Fruit Galaxy
2 1/4 cups	Water
1 1/8 cups	Sugar
2/3 cup	Lo-Mo Butter Mix (lightly packed) or 1/3 cup regular butter or margarine
2 cups	Sifted All-purpose Flour
2/3 cup	Sugar
4 tsp.	Baking Powder
1/2 tsp.	Salt
1 1/2 cups	Reconstituted Lo-Mo Milk

1. In a small saucepan, combine fruit galaxy and water; bring to a boil. Add sugar and butter; bring to a boil again. Remove from heat and set aside until ready to use.
2. Sift together flour, sugar, baking powder and salt into mixing bowl. Add milk and mix only until dry ingredients are completely moistened. (Batter will be slightly lumpy).
3. Spread batter evenly into a greased 9x9x2-inch baking pan. Pour fruit sauce over batter. Bake in a preheated 350° F. oven for 50 to 60 minutes. Test for doneness.
4. Let cool in pan until just warm. Go around edges of pan with knife to loosen. Turn upside down on serving dish. Cut and serve warm.

Yield: 3 to 12 Servings.

FAY'S OWN RICE PUDDING

3 cups	Cooked White Rice
1 cup	Sugar
1/4 tsp.	Salt
4 cups	Reconstituted Lo-Mo Whole Milk , heated
2 tsp.	Vanilla
1/2 cup	Sifted Lo-Mo Powdered Whole Eggs
	Cinnamon

1. Combine rice, sugar, salt and hot milk. Cook over low heat, stirring often, until thickened. (Rice should absorb most of milk, yet mixture should not appear too dry.) Add vanilla; stir well.
2. Rehydrate egg in 1/2 cup lukewarm (not hot) water; beat until light and frothy. Remove pudding from heat; immediately fold egg into pudding. Pour into serving dishes; sprinkle with cinnamon. Cool slightly and serve.

Yield: 12 Servings.

FUDGESICLES

3 cups	Reconstituted Lo-Mo Whole Milk
1/2 cup	Sugar
1/2 cup + 2 Tbsp.	Lo-Mo Chocolate Pudding and Pie Filling
1 cup	Lo-Mo Whip Topping (reconstituted and whipped)

1. Add milk and sugar to pudding mix. Cook pudding as directed on package label. Cool.
2. Fold in Whip Topping; pour into freezer tray or molds. Freeze solid. When frozen, remove from trays and wrap lightly with foil; store in freezer.

STRAWBERRY BAVARIAN DESSERT

2-2/3 cups

7 Tbsp. (3 ounces)

1 cup

2 cups

Freeze-Dried Strawberries

Lo-Mo Strawberry-Flavored Gelatin

Boiling Water

Lo-Mo Whip Topping (reconstituted and whipped)

1. Presoak strawberries in 2-2/3 cups water until tender—about 1 hour; reserve 3/4 cup liquid. Crush strawberries.
2. Pour boiling water over gelatin in bowl, stirring until gelatin is dissolved. Add enough cold water to reserved liquid to measure 1 cup; stir into dissolved gelatin. Chill until almost set.
3. Beat gelatin until foamy. Fold gelatin and strawberries into prepared whipped topping. Pour into 1-quart mold or individual molds. Chill until firm.

Yield: 6 to 8 Servings

DATE PUDDING

2-1/4 cups

1/2 cup

1 cup

1/4 cup

1 tsp.

1 cup

Lo-Mo Date Nuggets

Sifted **Lo-Mo Powdered Whole Eggs**

Sugar

Flour

Salt

Finely Chopped Nuts

1. Preheat oven to 350° F.
2. Bring Date Nuggets and 1-1/2 cups water to a boil; remove from heat. Let cool; drain off excess water.
3. Meanwhile, rehydrate egg in 1/2 cup lukewarm water (not hot), beat until light and fluffy. Gradually add sugar beating until very thick. Mix in flour, baking powder and salt.
4. Stir in dates and nuts. Pour into greased 9x9x2-inch square pan. Bake 30 minutes. Serve warm with sweetened **Lo-Mo Whip Topping**.

Submitted by: Mrs. Dorothy L. Heller
Phoenix, Arizona

GELATIN SNOW

7 Tbsp. (3 oz.)

1 cup

1 cup

2 Tbsp.

2 - 4 Tbsp.

Lo-Mo Gelatin, (any flavor)

Boiling Water

Cold Water

Sifted **Lo-Mo Powdered Egg Whites**

Sugar

1. Pour boiling water over gelatin in bowl, stirring until gelatin is dissolved; stir cold water into dissolved gelatin. Chill until thick.
2. Add egg white to 6 tablespoons lukewarm (not hot) water; beat until soft peaks form. Gradually add sugar, beating until stiff but not dry.
3. Beat gelatin into egg white, a few tablespoons at a time. Chill until firm.

Yield: 9 to 12 Servings.

CANDIES

APRICOT ROLL

3/4 cup
1-1/2 cups
3 cups
1 cup

Lo-Mo Apricot Slices
Water
Sugar
Reconstituted **Lo-Mo Whole Milk**

1. In small saucepan bring apricots and water to a boil; reduce heat and simmer, covered, for 20 minutes. Drain; cut into pieces.
2. Cook sugar and milk to firm-ball stage (246° to 250° F.), or until a few drops of syrup dropped into very cold water form a firm ball that holds its shape until pressed. Add apricots and continue cooking until firm-ball stage is reached again. Cool.
3. Beat until thick. Shape into roll. Slice when ready to serve.

Yield: One Roll, 16 inches long, 2 inches in diameter.

NO-FUSS FUDGE

10 Tbsp.
1/4 cup
1/4 cup
1-1/2 cups
1/4 cup

Lo-Mo Chocolate Pudding & Pie Filling
Lo-Mo Butter Mix, lightly packed
Reconstituted **Lo-Mo Whole Milk**
Sifted Powdered Sugar
Chopped Nuts (optional)

1. Combine pudding, butter and milk in saucepan or top of double boiler.
2. Cook over medium heat, stirring constantly, until pudding thickens and boils. Boil and stir 1 minute. (Mixture should be bubbling but not foaming.)
3. Remove from heat. Gradually add sugar, beating after each addition until smooth and well blended. Quickly stir in nuts.
4. Pour into lightly greased loaf pan making a 3/4- to 1-inch layer. Let cool. Cut into 1-inch squares. Store in airtight container until ready to use.

Yield: About 21—1-inch Squares

SALT WATER TAFFY

1 cup	Sugar
1-1/3 cups	Lo-Mo Corn Syrup Solids
3/4 cup + 2 Tbsp.	Water
1 Tbsp.	Cornstarch
1/4 cup	Lo-Mo Butter Mix , lightly packed
1 tsp.	Salt
2 tsp.	Vanilla

1. In 2-quart saucepan, combine sugar, corn syrup, water, cornstarch, butter and salt.
2. Cook slowly, stirring constantly, only until sugar dissolves. Cook, without stirring, to hard-ball stage (256° F.), or until small amount of mixture dropped into very cold water forms a hard ball that holds its shape but is pliable.
3. Remove from heat; stir in vanilla. Pour into lightly greased 8x8x2-inch baking pan.
4. When just cool enough to handle, pull taffy until satiny, light in color and stiff. If taffy becomes sticky, grease hands lightly. Pull into long strips, 1/2 inch wide. With scissors, cut strips into 1-inch pieces. Wrap pieces individually in plastic wrap or waxed paper. (Candy must be wrapped to hold its shape.)

BASIC FONDANT

2 cups	Sugar
1/8 tsp.	Cream of Tartar, or 3-1/2 Tbsp. Lo-Mo Corn Syrup Solids
1 tsp.	Vanilla

1. In small saucepan, combine sugar, corn syrup and 1 cup plus 1 tablespoon water.
2. Over low heat, stir only until sugar is dissolved. Bring to a boil; cover, and boil 3 minutes. Boil, uncovered, without stirring to soft-ball stage (238° F.), or until a few drops of syrup dropped into very cold water form a soft ball that can be picked up but flattens. As crystals form, wipe them from side of pan with damp cloth.
3. Pour onto marble slab, or platter rinsed or wiped with cold water. Let syrup cool to 110° F., or lukewarm.
4. With wooden spoon, work mixture back and forth until a creamy white mass forms. Then knead with hands to produce a smooth mixture.
5. Place in airtight container, or a small bowl or jar covered tightly with damp cloth; allow to ripen in cool place 2 to 3 days. When ready to use knead in vanilla.

Yield: 1 Pound

DIVINITY

2-2/3 cups	Sugar
1-3/4 cups	Lo-Mo Corn Syrup Solids
3/4 cup + 1 Tbsp.	Water
4 tsp.	Sifted Lo-Mo Powdered Egg Whites
1 tsp.	Vanilla
2/3 cup	Broken Nuts (optional)

1. Stir sugar, corn syrup and water over low heat only until sugar is dissolved.
2. Cook, without stirring, to hard-ball stage (260° F.), or until small amount of mixture dropped in very cold water forms a hard ball that holds its shape but is pliable.
3. In large mixing bowl, sprinkle egg white over 1/4 cup of lukewarm (not hot) water. Stir to moisten; beat until stiff peaks form. Continue beating while pouring hot syrup in a thin stream into egg white. Add vanilla; beat until mixture holds its shape and becomes slightly dull. (Mixture may become too stiff for mixer.) Fold in nuts. Candy may be formed into irregular pieces by dropping it from tip of lightly greased spoon onto wax paper.

Yield: About 4 Dozen

LOLLIPOPS

30	Wooden Skewers
2 cups	Sugar
1 cup + 3 Tbsp.	Lo-Mo Corn Syrup Solids
1 cup + 3 Tbsp.	Hot Water
	Food Coloring
10 drops	Oil Flavoring: Cinnamon, Anise, Wintergreen, Peppermint or Clove

1. Combine sugar, corn syrup, hot water and food coloring in top of double boiler.
2. Cook directly over low heat, stirring only until sugar dissolves. Remove any crystals that form on sides of pan. Cover and cook 8 minutes. Uncover. Cook, without stirring, to extreme hard-crack stage (310° F.), or until a few drops of syrup dropped into very cold water separate into threads which are hard and brittle. Cook slowly toward end of process so that syrup will not scorch.
3. Remove from heat; stir in flavoring only enough to mix. Let stand a few minutes to thicken slightly.
4. Arrange wooden skewers, 5 inches apart, on buttered baking sheet. Drop hot syrup from tip of tablespoon over the skewers to form 2-inch candy circles. Any decorations should be pressed on while they are still hot. Candies should be loosened from baking sheet before they are quite cold to prevent cracking.

Yield: 30 Lollipops

PEANUT BUTTER-HONEY BALLS

1 cup	Honey
1 cup	Lo-Mo Regular Non-Fat Dry Milk
1 cup	Reconstituted Lo-Mo Peanut Butter

1. Combine all ingredients; mix until well blended.
2. Shape mixture into balls, 1 inch in diameter. Refrigerate 1 hour or until firm.

Yield: About 2 Dozen.

CREAMY CARAMELS

1-1/3 cups	Granulated Sugar
6 Tbsp.	Lo-Mo Non-Dairy Creamer Mix
4-1/2 Tbsp.	Lo-Mo Non-Fat Dry Milk
3/4 cup	Hot Water
2 cups	Lo-Mo Butter Mix , lightly packed
2-1/4 cups	Raw or Brown Sugar, firmly packed
1-3/4 cups	Lo-Mo Corn Syrup Solids
	Dash Salt
1 tsp.	Vanilla

1. Mix granulated sugar, non-dairy creamer, milk powder and hot water until smooth and well blended; set aside.
2. Stir together butter, brown sugar, corn syrup, salt and 1/2 cup water over slow heat only until mixed thoroughly.
3. Gradually add mixture prepared in step No. 1, stirring constantly. Cook and stir over medium heat to firm-ball stage (245° F.), or until a few drops of syrup dropped into very cold water form a firm ball that holds its shape until pressed.
4. Remove from heat; stir in vanilla. Pour into lightly greased 9x9x2-inch pan; let cool. Cut into 1-inch squares.

Yield: About 6-1/2 Dozen.

Note: 1 can (15 ounce) sweetened condensed milk may be substituted for mixture of granulated sugar, non-dairy creamer, non-fat dry milk powder and hot water.

MARSHMALLOWS

2 Tbsp.	Lo-Mo Unflavored Gelatin
1 cup	Granulated Sugar
1-3/4 cups	Lo-Mo Corn Syrup Solids
	Dash Salt
1 tsp.	Vanilla
2 tsp.	Sifted Lo-Mo Powdered Egg Whites

1. Soften gelatin in 1/2 cup cold water.
2. In 2-quart saucepan, combine sugar, corn syrup and 1/2 cup plus 2 tablespoons water. Cook to soft-ball stage (240° F. or until a few drops of syrup dropped into very cold water form a soft ball that can be picked up but flattens), stirring only until sugar dissolves.
3. Remove from heat; stir in gelatin to dissolve. Add vanilla.
4. In large mixing bowl sprinkle egg white over 2 tablespoons lukewarm (not hot) water. Stir to moisten; beat until stiff peaks form. Slowly add syrup, beating on high speed of mixer until candy stands in soft peaks.
5. Pour into pans dusted with powdered sugar. When marshmallows are set, cut into squares and roll in powdered sugar, flaked coconut or finely chopped nuts.

Yield: About 36 Marshmallows

Cookies Bake Best on a shiny cookie sheet. Dark cookie sheets absorb heat and may over-brown bottom of the cookies,



Cocoa Mix and Pudding Mixes can be used to make **Toppings, Icings, Syrups**. Have fun experimenting for special uses of the rich flavors.



For **Lighter, Fluffier Mashed Potatoes** stir in 1 to 3 teaspoons of baking powder before serving.



Add a little salt to **Gelatin Salads and Desserts** to enhance the flavor. To avoid tough gelatins be sure to use boiling water for at least 1/2 of the required liquid.

GUIDE TO RECIPES FOR SELECTED LO-MO STORAGE PRODUCTS

With dozens of **Lo-Mo** foods and hundreds of recipes, a comprehensive guide to ingredients is impractical. Nonetheless, to aid you in using what you store and storing what you use, the following abbreviated guide indexes recipes in which major **Lo-Mo** storage items appear as main ingredients. Remember, however, that the "Guide" is limited in scope and does not list all ingredients for *Culinary Capers'* recipes or all the things you will have stored or want to store. A few minutes thumbing through the recipe sections will reveal recipes for other of your favorite **Lo-Mo** products. For example, one quickly sees that **Lo-Mo Powdered Whole Eggs**, or **Cheddar Cheese**, or **Tomato Crystals** are indispensable cooking aids; they are indexed in the "Guide." Other aids important in some recipes and most useful to round out your "normal-meals" storage program are not indexed, including:

Lo-Mo Shortening Mix	Lo-Mo Farmstyle Milk
Lo-Mo Whip Topping	Lo-Mo Non-Dairy Creamer
Lo-Mo Onions	Lo-Mo Cornstarch
Lo-Mo Baking Powder	Lo-Mo Corn Syrup Solids
Lo-Mo Baking Soda	Lo-Mo Gelatin Desserts
Lo-Mo Unflavored Gelatin	Lo-Mo Puddings
Spices and Seasonings	Lo-Mo Drink Mixes (good for syrups and toppings, see page 130.)

While we don't want you to overlook the kitchen-tested quality recipes on can labels of your favorite **Lo-Mo** products, we do hope that *Culinary Capers* offers some tastefully delicious new ideas for using what you store and storing what you use.

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